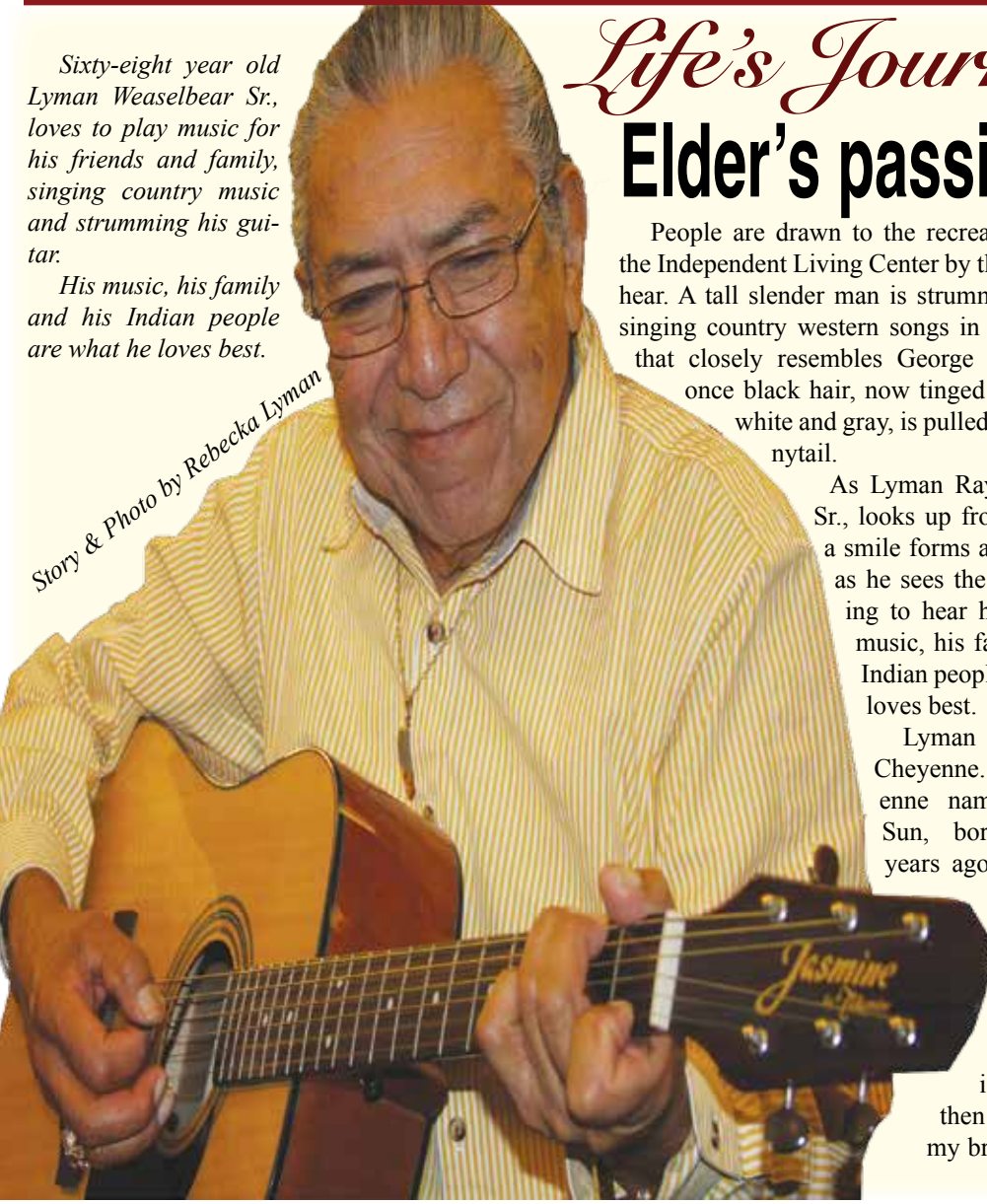


Sixty-eight year old Lyman Weaselbear Sr., loves to play music for his friends and family, singing country music and strumming his guitar.

His music, his family and his Indian people are what he loves best.

Story & Photo by Rebecca Lyman



Life's Journeys Elder's passion for music runs deep

People are drawn to the recreation room in the Independent Living Center by the music they hear. A tall slender man is strumming a guitar, singing country western songs in a deep voice that closely resembles George Straight. His once black hair, now tinged with hues of white and gray, is pulled back in a ponytail.

As Lyman Ray Weaselbear Sr., looks up from his guitar, a smile forms across his lips as he sees the people coming to hear him sing. His music, his family and his Indian people are what he loves best.

Lyman said he is Cheyenne. His Cheyenne name is Rising Sun, born 68 eight years ago at the Concho Agency to Elsie and Busby Weaselbear.

“My sister June, is the oldest, then there is me, my brother Bill, he

is deceased, my sister Dorothy, she is deceased. Arlene, Linda, Kay and Shirley Ann there were eight of us. We all came from the same mother and father and that is the only mother or father I knew,” Lyman said. “Mom spoke Cheyenne and dad spoke excellent Cheyenne. My mom would not let us speak Cheyenne because apparently when she went to Concho School if they were caught speaking Cheyenne, they would have to put their hands up in the air and the teacher would beat them with a ruler or a stick.”

He said in the first grade he fell in love with all the little white girls.

“My first grade teacher, Mrs. ... ough ... what was her name ... good golly ... she was really nice to us,” he said while attempting to remember a childhood memory. “When I was in the first grade I fell in love with all the pretty little white girls. I could not believe how beautiful the girls were. At night in my mind I would think of how beautiful they were, and I loved all the Jane’s, we had three Jane’s in my first grade class.”

He spoke about of a teacher that was not pleasant.

“We were in a fire drill and she told us to hurry up, so me and my nephews tried to hurry and then she started to slap us all on the head and she said ‘not that fast’. Anyway I told my momma, and my momma settled it with her for me and my nephews

See Elder's story pg. 8



Photos by Rosemary Stephens

Candy Klum (l), is a volunteer with the Oklahoma City Veteran's Administration and Mary Culley (r) Tribal Government Relations Specialist for the Southern Plains and Eastern Regions under the U.S. Dept. of Veterans Affairs. They both have made it their top priorities to seek out homeless veterans and let them know they have benefits to assist them.

Stand Down, a term used on the front lines during combat.

Combatting the problem of homeless veterans is the front line battle for volunteers during a first of its kind Inter-Tribal Veterans Stand Down on Nov. 7, 2014 in Anadarko, Okla.

“Stand Down terminology originally came from warriors that were fighting. They were out in the foxholes, they were dirty, they hadn’t slept, they had cold rations, but they didn’t have any replacements. They would do what is called a stand down and they would bring those soldiers in, replace them with fresh soldiers and give them a warm meal, a bed, let them take a shower, clean clothes and let them rest a little before they were sent back out,” Candy Klum, volunteer with the Oklahoma City Veterans Administration (VA) said. “We apply that terminology to our homeless veterans because we don’t want to have any homeless veterans and we do. We thought we should have a Stand Down in Native American country because we want to reach the homeless Native American veterans. They are slowly coming out, but they don’t want to be recognized, but they are veterans that gave their lives for us and we want to help them, to give them the recognition and assistance they deserve.”

Klum said this was her third Stand Down to be involved in. Her first experience volunteering at a stand down was in Shawnee, Okla.

“I love to tell this story about a homeless veteran that came in to our Shawnee Stand Down. He came in and met a Cheyenne and Arapaho lady

smile.” And that’s the kind of thing I want to make happen for our veterans, to see smiles on their faces,” Klum said.

Eight tribes collaborated together to host the Anadarko Stand Down after being contacted by Mary Culley, Tribal Government Relations Specialist for the Southern Plains and Eastern Regions under the U.S. Dept. of Veterans Affairs.

“The biggest purpose targeting Native American veterans in this area is to get a head count of how many are homeless. As Indian people we don’t identify ourselves as homeless if we are living with family members or sleeping on the floor or couch with family members so we really don’t have true numbers of our homeless Indian veterans. By collaborating with the tribes we are starting to initiate a demographics of our veterans,” Culley said. “This event today is a collaboration of eight different tribes coming together to help our veterans, which has never been done before and is a wonderful thing to happen. I brought this concept to the tribal leaders and they took it and we moved forward with this Stand Down. We have been so amazed by the number of the widows who came out today and our women veterans that came out. Some of the widows do not

STAND DOWN

By Rosemary Stephens, Editor-in-Chief

and he would come back to her and say, ‘look what they gave me, look what they told me today,’ and the very last time he came back he went to see the barbers and he was standing there with his cap on with his GI cut and he said to this lady, ‘look at me,’ and she said, ‘what?’ and he took his cap off and showed his beautiful haircut, standing so proud and smiling from ear to ear. What made it touching for me was the lady standing next to the Cheyenne and Arapaho lady said after he left, ‘you know I have watched that veteran walk the streets of Shawnee for five years homeless and I have never seen him

even know they are eligible for benefits and we want to get with them also. Their loved ones gave their lives for us and we need to give back to the widows of our veterans.”

Culley said in addition to signing up widows and veterans for services, they were distributing coats, boots, backpacks, clean socks, t-shirts, blue jeans, clothing in general, toiletries and the Cheyenne & Arapaho tribes’ were providing haircuts using barbers from Amanda’s Outback Barbershop and also furnished a catered meal for the event.

“All of the tribes who collaborated have done such an excellent job here today,” she said.

For one Comanche veteran, who only wanted to be called by his last name, Kosechata, the Stand Down was a welcomed event for him. He said he paid his housekeeper to transport him from Lawton, Okla., to attend the event.

See Stand Down pg. 7



Amanda Dulcours, owner/operator of Amanda's Outback Barbershop, is contracted by the Cheyenne & Arapaho tribes to give free haircuts to veterans during the Anadarko Veteran's Stand Down. Here Gilbert Lamebull decides to take advantage of the free haircut.

Cheyenne and Arapaho Tribal Tribune
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Tribes sponsor food drive for needy families

By Rosemary Stephens
Editor-in-Chief

The Cheyenne & Arapaho tribal employees have taken part in a massive weekly food drive in order to provide Thanksgiving dinners to needy families.

Each week (for a total of five weeks) tribal employees were given specific food items to donate via global email. The first week consisted of two bags of stuffing, two boxes of stuffing and one can of chicken broth were the requested items. A total of 28 employees donated 46 bags of stuffing, 72 boxes of stuffing and 42 cans of broth.

The second week consisted of two cans of corn, two cans of green beans and one can of yams. Over 285 employees donated 570 cans of corn, 570 cans of green beans, and 288 cans of yams.

For week three a total of 152 cans of cranberry sauce and 228 boxes of macaroni and cheese were collected from 76 employees who donated.

Weeks four and five will be monetary donations in the amount of \$5 in order to purchase turkeys.

Nominations for tribal families who will receive baskets of food were being taken in the Dept. of Administration.

The Sand Creek Massacre

This article is part of a series by the National Park Service concerning the 150th Anniversary of the Sand Creek Massacre.



The Sand Creek Massacre, tragic and unnecessary, impacted Federal-Indian relations and created the circumstances for years of warfare. With the events of November 29, 1864 fixed in their minds, Plains Indian nations faced an uncertain future between warring against and accommodating the federal government.

Cheyenne and Arapaho peace chiefs, influenced by assurances of peace at the Camp Weld Conference, reported to Fort Lyon throughout October of 1864. The fort’s commander told Black Kettle and other leaders to await a peace delegation at their camp on Sand Creek and to fly the U.S. flag to indicate their peaceful intent. Throughout November, these elders waited.

On November 29, U.S. Army (Volunteer) soldiers attacked the village. Disregarding the greetings and calls to stop, these “beings in the form of men” fired indiscriminately at the

Cheyenne and Arapaho. Of approximately seven hundred people in the village, about two hundred died that day. Two-thirds of the dead and mutilated bodies left on the ground were women and children.

Boasting of his victory and downplaying Army casualties, Colonel John Chivington paraded the body parts of dead Cheyenne and Arapaho through the streets of Denver, reveling in the acclaim he long-sought. However, not all of Chivington’s officers and men agreed with his actions, and soon the consequences of these actions would sweep up and down the Plains, back to Washington, D.C., and into the lives of thousands of people.

To find out more about the Sand Creek Massacre and its repercussions, go to www.nps.gov/sand or visit the Sand Creek Massacre National Historic Site outside of Eads, Colorado.

Cheyenne and Arapaho member named one of nineteen recipients of the Presidential Medal of Freedom



Suzan Shown Harjo

(Washington, D.C.) “I look forward to presenting these nineteen bold, inspiring Americans with our Nation’s highest civilian honor,” said the President. “From activists who fought for change to artists who explored the furthest reaches of our imagination; from scientists who kept America on the cutting edge to public servants who help write new chapters in our American story, these citizens have made extraordinary contributions to our country and the world.”

The following individuals will be awarded the

Presidential Medal of Freedom in a ceremony at the White House on Nov. 24, 2014:

Suzan Harjo is a writer, curator, and activist who has advocated for improving the lives of Native peoples throughout her career. As a member of the Carter Administration and as current president of the Morning Star Institute, she has been a key figure in many important Indian legislative battles, including the passage of the Native American Graves Protection and Repatriation Act and the American Indian Religious Freedom Act. Dr. Harjo is Cheyenne and Hodulgee Muscogee, and a citizen of the Cheyenne & Arapaho Tribes of Oklahoma.

Alvin Ailey (posthumous) was a choreographer, dancer, and the founder of the Alvin Ailey American Dance Theater, which is renowned for its inspiring performances in 71 countries on six continents since 1958. Ailey’s work was groundbreaking in its exploration of the African American experience and the enrichment of the modern dance tradition, including his beloved American masterpiece *Revelations*. The Ailey organization, based in New York City, carries on his pioneering legacy with performances, training, educational, and community programs for people of all backgrounds.

Isabel Allende is a highly acclaimed author of 21 books that have sold 65 million copies in 35 languages. She has been recognized with numerous awards internationally. She received the prestigious National Literary Award in Chile, her country of origin, and is a member of the American Academy of Arts and Letters.

Tom Brokaw is one of America’s most trusted and respected journalists. Mr. Brokaw served as anchor of NBC Nightly News from 1982 to 2004, and is currently a Special Correspondent for NBC News. For decades, Mr. Brokaw has reached millions of Americans in living rooms across the country to provide depth and analysis to historic moments as they unfold, from the fall of the Berlin Wall to the terrorist attacks of 9-11. His reporting has been recognized by the Edward R. Murrow Lifetime Achievement Award, two Alfred I. DuPont-Columbia University Awards, eleven Emmys, and two Peabody awards. Mr. Brokaw previously served as anchor of NBC’s Today, and following the death of his close friend Tim Russert, Mr. Brokaw took over Meet the Press during the 2008 campaign season. He has written five books including *The Greatest Generation*, a title that gave name to those who served in World War II at home and abroad.

James Chaney, Andrew Goodman, and Michael Schwer-

ner (posthumous) were civil rights activists and participants in “Freedom Summer,” an historic voter registration drive in 1964. As African Americans were systematically being blocked from voter rolls, Mr. Chaney, Mr. Goodman, and Mr. Schwerner joined hundreds of others working to register black voters in Mississippi. They were murdered at the outset of Freedom Summer. Their deaths shocked the nation and their efforts helped to inspire many of the landmark civil rights advancements that followed.

Mildred Dresselhaus is one of the most prominent physicists, materials scientists, and electrical engineers of her generation. A professor of physics and electrical engineering at MIT, she is best known for deepening our understanding of condensed matter systems and the atomic properties of carbon, which has contributed to major advances in electronics and materials research.

John Dingell is a lifelong public servant, the longest serving Member of Congress in American history, and one of the most influential legislators in history. Having represented Michigan in the House of Representatives since 1955, Mr. Dingell has fought for landmark pieces of legislation over the past six decades, from civil rights legislation in the 1960s, to legislation protecting our environment in the 1970s, to his persistent, determined fight for health care throughout his career, from Medicare to the Affordable Care Act. Mr. Dingell also served in the U.S. Army during World War II.

Ethel Kennedy has dedicated her life to advancing the cause of social justice, human rights, environmental protection, and poverty reduction by creating countless ripples of hope to effect change around the world. Over 45 years ago, she founded the Robert F. Kennedy Center for Justice and Human Rights, which is dedicated to realizing her husband’s dream of a more just and peaceful world. Ethel Kennedy was most recently honored for her longtime advocacy of environmental causes in neglected areas of Washington, D.C. with the dedication of the “Ethel Kennedy Bridge” over the Anacostia River.

Abner Mikva is a dedicated public servant who has served with distinction in all three branches of government. He was a five-term Congressman from Illinois, Chief Judge of the United States Court of Appeals for the D.C. Circuit and White House Counsel for President Bill Clinton. He has also served as a law professor at Northwestern University, the University of Chicago, and the University of Illinois.

Patsy Takemoto Mink (posthumous) was a Congresswoman from Hawai’i, serving a total of 12 terms. She was born and raised on Maui, became the first Japanese American female attorney in Hawai’i, and served in the Hawai’i territorial and state legislatures beginning in 1956. In 1964, she became the first woman of color elected to Congress. She is best known for co-authoring and championing Title IX of the Education Amendments of 1972.

Edward Roybal (posthumous) was the first Mexican-American to be elected to the U.S. House of Representatives from California in nearly a century. In 1976, he founded the Congressional Hispanic Caucus and the National Association of Latino Elected and Appointed Officials, creating a national forum for Latino issues and opening doors for a new generation of Latino leaders.

Charles Sifford was a professional golfer who helped to desegregate the Professional Golfers’ Association, despite harassment and death threats. He started his life on the links as a caddy, and though he was formally excluded from the PGA for much of his career because of the color of his skin, he won six National Negro Opens. In 1960, he won his chal-



Courtesy photo

Suzan Shown Harjo shaking President Barack Obama’s hand in 2013 after the reauthorization of the Violence Against Women Act.

lenge over the PGA’s “Caucasian only” membership policy. He went on to win official PGA events and the PGA Seniors’ Championship. He was inducted in the World Golf Hall of Fame in 2004 and received an honorary doctor of laws degree from the University of St. Andrews in 2006.

Robert Solow is one of the most widely respected economists of the past sixty years. His research in the 1950s, 1960s, and 1970s transformed the field, laying the groundwork for much of modern economics. He continues to influence policy makers, demonstrating how smart investments, especially in new technology, can build broad-based prosperity, and he continues to actively participate in contemporary debates about inequality and economic growth. He is a Nobel laureate, winning the Nobel Memorial Prize in Economic Sciences in 1987.

Stephen Sondheim is one of the country’s most influential theater composers and lyricists. His work has helped define American theater with shows such as *Company*, *Sweeney-Todd*, *Sunday in the Park with George*, and *Into the Woods*. Mr. Sondheim has won eight Grammy Awards, eight Tony Awards, an Academy Award, and the Pulitzer Prize for Drama.

Meryl Streep is one of the most widely known and acclaimed actors in history. Ms. Streep has captured our imaginations with her unparalleled ability to portray a wide range of roles and attract an audience that has only grown over time, portraying characters who embody the full range of the human experience. She holds the record for most Academy Award nominations of any actor in history.

Marlo Thomas is an award-winning actress, producer, best-selling author and social activist. Whether championing equality for girls and women, giving voice to the less fortunate, breaking barriers by portraying one of television’s first single working women on *That Girl*, or teaching children to be “Free to Be You and Me,” Thomas inspires us all to dream bigger and reach higher. Thomas serves as National Outreach Director for St. Jude Children’s Research Hospital, a pediatric treatment and research facility focused on pediatric cancer and children’s catastrophic diseases. The hospital was founded by her father, Danny Thomas, in 1962.

Stevie Wonder is one of the world’s most gifted singer-songwriters. Wonder has created a sound entirely his own, mixing rhythm and blues with genres ranging from rock and roll to reggae, and demonstrating his mastery of a range of instruments, styles, and themes. He is also a Kennedy Center Honoree, a member of the Rock and Roll Hall of Fame, and winner of 25 Grammys and an Academy Award.

Healthier lifestyle for elder’s conference

By Rebecka Lyman Reporter/Ad Sales

Diet and exercise are the cornerstones of a healthy lifestyle for elders.

On Thursday, Nov. 6, 2014 the Cheyenne & Arapaho tribes’ Diabetes Wellness Program hosted their 12th annual elder’s conference at the Frisco Center in Clinton, Okla.

“Welcome to all of you who are here this morning, please help yourselves to the healthy breakfast we have provided for you this morning. We have a lot planned for you today,” Nicolas Barton, Cheyenne & Arapaho tribes’ executive director of health said in his opening statement.

The conference focused on eathing healthy to prevent diabetes, and other related diseases, excercising to keep the body strong and providing information to elders on specific services offered to them.

“What is Diabetes? Diabetes is a disease that affects the body’s ability to produce or respond to insulin, a hormone that allows blood glucose (blood sugar) to enter the cells of the body and be used for energy,” Kathy Shawnee, RN, Cheyenne & Arapaho tribes Diabetes Wellness Program. “Diabetes falls into two main categories, Type 1, which usually occurs during childhood or adolescence and Type 2, the most common form of the disease, which usually occurs after the age of 45. Diabetes is a chronic disease that has no cure.”

Shawnee said that 15.9 percent of Native Americans in the United States have diabetes.

“This is a sad picture,” Shawnee said as sbe pointed to the large screen with a photo of an obese child eating at a fast food restaurant. “Today, diabetes has reached epidemic proportions among Native Americans. Complications from diabetes are major causes of death and health problems, it is very important that you know what your A1 count is and maintain a healthy diet and exercise.”

Barton said studies have shown that even very frail elderly persons who began physical activity were able to restore



Photo by Rebecka Lyman

Elder Theda Benton receives a large cooking pot from one of the many raffles held during the 12th annual Elder’s Conference in Clinton, Okla.

muscle mass.

“It’s never too late to get active,” Barton said.

Theda Benton from Seiling, Okla., has attended five elder conferences over the years and said, “I enjoy coming to the conference but since the death of my two children three years ago, I quit getting out as much. I am glad that I am here today, it is nice to see my friends and those I don’t get to visit with as much as I would like. “It has been rough since they died, but I have to go on and take care of my grandkids.”

Following the morning speakers, the elders participated in a chair exercise demonstration and a Thanksgiving lunch.

For more information about diabetes, healthy diets and excercises call the Diabetes Wellness Program at (405) 422-7679.

Kansas City Chiefs honor Native American Heritage month during NY Jets game

By Tyler Jones, Indian Leader

KANSAS CITY- In a time where the honor and respect of Native Americans is in question, the Kansas City Chiefs showed where they stand. The NFL franchise played host to a special celebration of Native American Heritage on Sunday, as a part of Native American Heritage Month.

John Learned (Cheyenne), of the American Indian Center of the Great Plains (AICGP), located in Kansas City, partnered with the Chiefs to put on the celebration before and during the Chiefs versus the New York Jets game.

Tribes from around the nation were represented. The tribes included the Peoria, Iowa Tribe of Kansas and Nebraska, Cheyenne & Arapaho tribes of Oklahoma, Northern Arapaho, Citizen Potawatomi, Delaware, Wyandotte, Kickapoo Tribe of Kansas, Prairie Band Potawatomi Nation and the Chickasaw Nation.

On Sunday, many Native American tribes brought representatives to showcase their tribe in front of over 76,000 fans in Kansas City. Jon Boursaw a District Executive of the Citizen Potawatomi Tribe said, “I feel appreciated by the Chiefs organization. This is great exposure for our tribe and the other Native American tribes. Kansas City back-up QB Tyler Bray is a member for our tribe and he gives our younger generation an athlete to lookup to.”

Longtime Chiefs fans from Overland Park, Kansas, Dee and Annette Ketchum represented the Delaware Tribe. Dee went to college at the University of Kansas with Former Kansas City Chiefs Fullback Curtis McClinton. Dee, the former Chief of the Delaware Tribe, went said, “We

feel embraced. The Chiefs have done a great job bringing recognition to American Indian Heritage Month and our tribe.” Dee’s wife Annette, a member of the Delaware Tribe’s council said, “Sports teams bring honor to Native Americans. Any team can use Native American names. We do not oppose it at all.”

The Native American Tribes throughout the game performed many native traditions. The day began with a flag song, drum ceremony and blessing song by the Southern Cheyenne of Oklahoma and Arapaho Tribes. Throughout the game, the Native American groups continued to be honored. It was a moving day.

On the field, the Chiefs dominated with 24-10 win over the New York Jets. Kansas City’s next match-up will be November 9th at the Buffalo Bills, while Jets will take on the Pittsburgh Steelers in New York on the same day.

For the rest of the month, the American Indian Center of the Great Plains (AICGP) will continue it’s observance of American Indian Heritage Month. Their mission is to create an awareness and understanding of issues affecting Native people.

Tyler Jones is a student at Has-



Photos by Reid Williams

Drum group members from Cheyenne & Arapaho tribes performed honor songs at the Kansas City Chiefs pre-game Native American Heritage month ceremonies.



kell Indian Nations University and a member of the student Indian Leader newspaper staff. He is a member of the Choctaw Nation of Oklahoma and is currently majoring in TV production at Haskell, where he hopes to eventually get his graduate degree in Broadcast Journalism.

Reid Williams is also a Freshman at Haskell Indian Nations University and a photographer for the student Indian Leader newspaper. He is a member of the Cherokee Nation and is from Grove, Oklahoma. He is a double major at Haskell and plans to get his Masters degree in administration after graduating.

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Attention Tribal Members:
If your name is listed below, the Per Capita Office has your 2014 August Gaming Per Cap Check.
We need you to complete a current Change of Address form and W9 at Department of Enrollment so that your 2014 August check can be sent to the appropriate address. If you fail to do this by **August 15, 2015**, you will not be able to claim the 2014 August Gaming check.

For any additional assistance, Please contact Per Capita Office at (405) 262-0345 ext. 27725 or toll free at (800) 247-4612 ext. 27725 or questions on Change of Address forms contact Department of Enrollment at (405) 262-0345 ext. 27600 or toll free at (800) 247-4612 ext. 27600.
Please turn in a Change of Address form and W9 by **August 15, 2015** to the Department of Enrollment.

Alex K Daukei Cole	Gabrielle Kay Nuckolls	Marlita Alexis Sleeper
Alissa Michelle Old Crow	Garfield Magpie	Martha Gretchen Salazar
Allison Rana Johnson	Gary Dale Christy	Matthew Blake Bidwell
Alvin La Farce Hamilton	Gary Warren Gray Jr	Matthew S K Youngbird
Annette Hernandez	Gregg Cody Ray Bull	Maxwell M McIntyre
Annotta Elaine Gray	Helidoro Perez Chavez Jr	Michael John Gawhega
Antionette Renee Hadley	Henry Littlebird Jr	Michael Scott Burgett
Arness Lavell Daniels	Jacob Michael Reckling	Miranda Deann Vardell
Aslin Nicole Russell	Jacqueline A Welsh	Mitchell Ray Gonzales Jr
Autumn Michelle Harrington	James Monty Miller	Myrcine B North
Barbara Jean Love	Janet K Roberson	Nathan Scott Billings
Beatrice H Clark	Jason John Kinslow	Nettie Marie Caldera
Benjamin Franklin Buffalo Jr.	Jason William Easley	Nicholas Garrett Webster Jr
Berta Ann Williams	Jeffrey Jay Newsome	Nicholas Noline
Bill Russell Reed	Jeffrey Scott Canaday	Noah Ray Ellis
Bobby Leon Whitebird	Jerrick Russell Hart	Paul Elliott Flores
Bobby Ray Wood	Jessica Louise Flying Out	Paul Richard Gilbert
Brian Joseph Christy	Jon Harjo II	Quinn Lynn Yellow Eyes
Byron Allen Lefthand	Jordan Elkriver Heimer	Rachel Ann Fitzpatrick
Cabryon R Milton	Jordan Fred Cody Washee	Rebecca Leann Loper
Capacine Doreen Watan-Cleek	Joseph Lloyd Ellis	Rivers McKenzie
Charles F Yellow Eyes	Joshua Alan Daniel	Ross David Anderson
Cheyenne Rey Delair	Josiah David Decker	Samuel Ray Everett
Christian Cheyenne Black	Justin Larry Don Croskey	Saphire Noel Hughes
Christian Logan Banks	Justin Stewart Burgett	Serene Renee Hoof
Christine J Starr	K Cheyenne Welbourne	Serenity Cheyenne Pratt
Clarissa Ranea Peters	Kalvin Lynn Flying Out	Shelby Lynn Hawk
Dakota FastHorse	Karin Lee Hawk	Shenandoah James Wood
David Everett Jackson	Katelyne Gaston	Taylor Ann Rivers
Delbert H Nowlin	Katherine Colleen Villigas	Tamar Anna White
Dennis Gene Douglas	Kayla Marie Standingwater	Theressa Joan Walton
Denzel Sugar Ray Chism	Keenan Matthew Edwin Rednose	Tina Marie Pollock
Donald James Hickey	Kevin Francis Williams	Tissoyo Osage Davis
Dwight Riggs	Kimberly Michelle Grant	Tyson Lee Davis
Dylan FastHorse	Lakota Whitebird Pratt	Vanessa Rae Landa
Edith Turner	Lanny John McLaughlin Jr	Vernon Tyrone Moore
Edwinna Michelle Bull	Laura Anne Caperton	Walter Bacon Logan III
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Ashley Lynn Whiteshield	Parker Dean Jackson
Braun Allen Black	Rustin B Reynolds
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Darrell Eugene Hanson	Surveyor
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Joseph Thomas Hoof Jr	Walsie Sioux
Lakynn Jade Jeppesen	

Native Business: Human Capital

Economic development is recognized as an important ongoing-initiative to help Tribal Governments meet the needs of their people and protect sovereignty. Tribes are smart to invest in human capital along with economic expansion because investing in people reinforces long term operational stability and improves long and short-term political stability.

Human capital is the knowledge, habits, personality, and creativity that comprise the ability of an individual or collective of individuals to perform labor. Labor produces economic value. Economic value drives businesses to protect a customer base, achieve strategic objectives, and make profit. Profit provides the cash necessary to pay people for their work, reinvest into growth opportunities, and stabilize operations by building reserves (savings). Reserves allow an enterprise the resources necessary to defend against competitive pressures, absorb the impact of negative market events, recover from mistakes, and allocate a surplus to the Tribal Gov-

ernment.
There are many ways of investing into people to boost human capital. The task may seem difficult to start as many areas of improvement may be identified at the same time. Often it is good to begin by identifying the pool of people to focus upon then map out their individual profiles. The following attributes may be helpful to build into a matrix, highest education degree earned, years in current position, training certification(s), years’ experience in a supervisor or management role and future career goals in five years and longer.
Once a profile of current organizational accomplishments and future aspirations is constructed the next logical step is to devise a strategy for investing resources to help people improve. Specific tactics may include but are not limited to, workforce training on professionalism to those that are getting ready to enter the workforce or have had difficulty obtaining or maintaining employment, customized training for specific departments, individual development

By *Jim Stanley, Tribal Tribune Contributor*
plans for career advancement, job fair, and eadership training and mentorship.
There is no correct way to build a strategy and implement a plan but it is important to obtain feedback from stakeholders within a Tribe so that general goals can be established. Then the group responsible for achieving organizational goals can prioritize next steps by balancing available cash, other resources needed, and outcomes. Helping people improve is often difficult to quantify in the short-term but skills and knowledge last a lifetime. Often progress does not occur as fast as projected or desired but consistent planning and execution to build human capital will produce results in the mid and long-term.
Jim Stanley freely shares his knowledge in an effort to foster economic success in Indian Country. He is a Tribal member of the Quinault Indian Nation, Treasurer of the Tribal C-Store Summit Group, and Chairman of the Quinault Nation Enterprise Board. To contact Jim for comments, go to JimStanley.biz.

DON’T DRINK AND DRIVE

The Cheyenne & Arapaho Transportation Safety Program recently attended the R.E.Sp.E.C.T. Halloween carnival in Clinton, Okla., on Oct. 29, 2014. We had a great turn out for the ‘infamous’ Fatal Vision Drive Course event.



We had 24 adults and four youths who participated in this activity. There were plenty of good comments that we received such as, “this is an eye opener on the effects of drinking and driving,” and “this activity will make people realize that it will take a lot of money to get their driver’s license re-instated if they were to get caught drinking and driving, so therefore, they don’t want to drink and drive, and

most of all, the effects it will have on families when there is a fatality due to drinking and driving.”
Hopefully, with these kinds of activities, we will decrease collisions and fatalities due to drunk driving in our communities.
We also had the Oklahoma County Sherriff’s Department and the BIA Law Enforcement there to assist us during the course. Thank you to the Oklahoma County Sherriff’s officers, Sgt. Jim Abernathey and Officer Larry Butler and the BIA Law Enforcement officers, Robert D. Ashcroft and Vince Fisher.
The Cheyenne & Arapaho Transportation Safety Program’s mission is to provide for the safe mobility for all tribal members.



Great American Smokeout



Each year, the third Thursday of November is marked as the Great American Smokeout.
The American Cancer Society encourages Americans who smoke to quit on this day. Smokers are challenged to quit smoking for at least 24 hours. The American Cancer Society hopes the decision to quit 24 hours will last a lifetime.
The Center for Disease Control (CDC) estimates that 42.1 million Americans smoke and one out of every five deaths each year is caused by cigarette smoking. The heart and blood vessels are harmed by the chemicals in tobacco smoke. Consequently, smoking is a big risk factor for cardiovascular disease.
There are many reasons to quit smoking. Quit to save money. Cost of cigarettes includes taxes from the local, state, and federal levels of governments. In New York, the cost of tax on one pack of cigarettes is over \$4.
Quit to save your looks. Smoking stains teeth, gives bad breath, makes clothes smell, and creates wrinkles.
Quit for your health. Smoking affects every organ in the body which makes smoking a risk factor for a lot of diseases like lung cancer, Crohn’s Disease, and even arthritis.
Nov. 20, 2014 is the day for the Great American Smokeout. Smokers can either make a plan to quit smoking, quit smoking for that day only, or quit smoking altogether.
For more information about quitting, the Oklahoma Tobacco Helpline is available at (800) 784-8669.

Choctaw trail of money leads to federal indictments

Durant, OK-The trial of Jason Merida indicted for a string of charges including money laundering, theft, conspiracy, and bribery started yesterday in the Federal Courthouse located in Muskogee Okla. The CFO (Chief Financial Officer) of Scott Rice a company that supply’s office furniture and fixtures to the Choctaw Nation, admitted that the company participated in laundering money for the Director of Construction, Jason Merida.

She explained that this was done through a series of bogus invoices charging the Choctaw nation for services that had not been rendered. She explained how one of the sales team members, Jim Stewart, would use his credit card to purchase items for Jason and then bill the Choctaw Nation for that amount by padding invoices. When the CFO Elena Harris questioned this practice she was told by Scott Rice owner, George Besone, that this is the way the Choctaws wanted to do it.

Besone also directed the CFO not to make it difficult for the Choctaws because Jason had been working to get into the enter circle of the Choctaws for years. She said there were charges for rifles, hand guns, rugs, household furniture, beds and lamps. She said she soon resigned her position at Rice over these irregularities.

George Basore admitted on the stand that

he was aware of the way business was being done with the Choctaws and he himself had received one of the rifles as a gift.

From the back of the house to the courtroom wall ... “Back of House” that’s a term used for all of the action behind the walls of a casino floor. Besides the games, playing music and sounding the alarm when a player has won a jackpot, there is more action behind the walls that surround the casino floor than actually takes place on the floor.

Back of the House was used numerous times as Jim Stewart testified during his second day in front of a jury in Federal District Courthouse in Muskogee.

During Jim’s testimony, he introduced players in the back of the house such as Choctaw Chief Gary Batton, Choctaw Executive Jason Merida, Scott Rice CEO George Basore, Flintco CEO Dewayne Gifford, and Builders Steel CEO Brent Parsons. These are the names of a group of men that are accused by Jim Stewart of taking part in the scheme to defraud the Choctaw Nation out of hundreds of thousands of dollars.

Jim testified that he received three checks from the Choctaw Nation that were paid on fraudulent invoices used by the Scott Rice Company.

Scott Rice is a company contracted

through Flintco for the Choctaw Nation. The company designs work space construction from the floor to the roof as described by the owner of Scott Rice, George Basore.

Basore is accused of approving the scheme that Jim Stewart presented to him as a way to get into the inner circle of the Choctaw Nation and its decision makers. Jim testified that Jason Merida had invited him on an African Safari hunting trip and the way that it would be paid for is in a simple invoice for \$30,000. The check would be sent to Scott Rice and the money would be used to fund the Safari. Jim testified that in the end he received two \$30,000 checks and a check for \$285,000 all for back of the house invoices that the Choctaw Nation paid to Scott Rice.

The money was then used to buy expensive knives, rifles, handguns, cold weather camouflage outfits, furniture, and rugs among other things.

The items bought with the laundered mon-



Choctaw Casino located in Durant, Okla.

ey were then given to Jason, Brent, Dewayne and Gary Batton. Some of the camouflage outfits and rifles were seen in pictures shown in the courtroom Monday of Gary Batton and Brent Parsons depicting them as the takers of wild game they had shot on a hunting trip to New Mexico, also paid for with laundered money as testified by Jim Stewart.

The trial was scheduled to continue during the week of Nov. 10, 2014.

Substance abuse and addiction, Bath Salts drug trend

“Ivory Wave”, “Purple Wave”, “Vanilla Sky”, and “Bliss” are among the many street names of so-called designer drugs known as “bath salts,” which have sparked thousands of calls to poison centers across the U.S.

These drugs contain synthetic chemicals that are similar to amphetamines. Some, but not all, of the chemicals used to make them are illegal.

What Are Bath Salts?

“Is this what we put in our bathtubs, like Epsom salts? No,” said Zane Horowitz, MD, an ER doctor and medical director of the Oregon Poison Center.

These drugs have nothing to do with real bath salts or “jewelry cleaner,” or “plant food,” or “phone screen cleaner,” which they’re also sometimes called, according to the National Institute on Drug Abuse.

Exactly which chemicals are in the drugs isn’t known.

“The presumption is that most ‘bath salts’

are MDPV, or methylenedioxypropylvalerone, although newer... derivatives are being made by illegal street chemists,” Horowitz said. “Nobody really knows, because there has been no way to test for these substances. However, that is changing, and some tests for certain of these chemicals have been developed.”

What Do People Experience When They Take Bath Salts?

The effects can include agitation, paranoia, hallucinations, chest pain, increased pulse, high blood pressure, and suicidal thinking/behavior, Horowitz said.

Suicidal thinking/behavior may last “even after the stimulatory effects of the drugs have worn off,” Horowitz said. “At least for MDPV, there have been a few highly publicized suicides a few days after their use.”

Are Bath Salts Illegal?

In July 2012, the Synthetic Drug Abuse

Prevention Act made it illegal to possess, use, or distribute many of the chemicals used to make bath salts, including Mephedrone and MDPV. Methylone, another such chemical, remains under a DEA regulatory ban. In all, the law covers 26 chemicals, all of them ingredients in synthetic drugs.

That’s a “help,” said DEA spokeswoman Barbara Carreno, “but we haven’t controlled everything out there.”

“The federal law passed (in 2012) bans a handful of the chemicals used to make them but not all of them,” Horowitz said. “Those chemicals are now labeled as schedule 1 drugs, which means they have no medicinal value but a high potential for abuse.”

Are Bath Salts Addictive?

“We don’t know if they are addictive. We have not had enough long-term experience with it,” Horowitz says. However, he points out that many stimulant drugs do make people crave them.

The main problem is the toxic effects that these drugs have right away.

How Do People Take Bath Salts?

“They snort it, shoot it, mix it with food and drink,” Horowitz said.

Where Do You See the ‘Designer Drugs’ Trend Going?

“Drug makers will keep creating new combinations at home and in illicit labs,” Horowitz said. “It’s almost impossible to keep up.”

Enforcement of the laws is difficult but it’s getting better. But there’s an ongoing battle between those trying to develop the technology to test for these chemicals and the street chemists who are trying to stay ahead of the law.

Unfortunately, the law won’t make this problem disappear.

“We’re going to continue to see a lot of this type of thing. It will always be in the shadows.”

Beware ... Bath Salts

Bath salts is a term used in North America to describe a number of recreational designer drugs. The name derives from instances in which the drugs have been sold disguised as true bath salts. The white powder, granules, or crystals often resemble true bath salts such as Epsom salts, but are chemically very different. The drugs’ packaging often states “not for human consumption” in an attempt to circumvent drug prohibition laws.

Bath salts are becoming more and more popular as a cutting agent for methamphetamine. The effects are deadly.

History

Synthetic cathinones such as mephedrone, which are chemically similar to cathinone, naturally found in the plant *Catha edulis* (khat), were first synthesised in the 1920s. They remained obscure until the first decade of the 21st century, when they were rediscovered by underground chemists and began to be used in designer drugs, as the compounds were legal in many jurisdictions.

In 2009 and 2010 there was a significant rise in the abuse of synthetic cathinones, initially in the United Kingdom and the rest of

Europe, and subsequently in the U.S.

Drugs marketed as “bath salts” first came to the attention of authorities in the U.S. in 2010 after reports were made to U.S. poison centers.

In Europe, the drugs were predominantly purchased from drug dealers or from websites, but in the U.S. they were mainly sold in small independent stores such as gas stations and head shops. In the U.S., this often made them easier to obtain than cigarettes and alcohol. Bath salts have also been sold online in small packets; some of the brand names used are “Purple Wave,” “Zoom,” and “Cloud Nine”.

Hundreds of other designer drugs or “legal highs” have been reported, including artificial chemicals such as synthetic cannabis and semi-synthetic substances such as methylhexanamine. These drugs are primarily developed to avoid being controlled by laws against illegal drugs, thus giving them the label of designer drugs.

The number of calls to poison centers concerning “bath salts” rose from 304 in 2010 to 6,138 in 2011, according to the American Association of Poison Control Centers, and is expected to triple that number in 2014.

Pharmacology

Pharmacologically, bath salts usually contain a cathinone, typically methylenedioxypropylvalerone (MDPV), methylone or mephedrone; however, the chemical composition varies widely and products labeled with the same name may also contain derivatives of pyrovalerone or pipradrol. In Europe the main synthetic cathinone is mephedrone, whereas in the U.S. MDPV is more common.

Very little is known about how bath salts interact with the brain and how they are metabolised by the body. Scientists are inclined to believe that bath salts have a powerful addictive potential and can increase users’ tolerance. They are similar to amphetamines in that they cause stimulant effects by increasing the concentration of monoamines such as dopamine, serotonin, and norepinephrine in synapses. They are generally less able to cross the blood brain barrier than amphetamines due to the presence of a beta-ke-

to group which increases the compound’s polarity.

Bath salts can be swallowed, snorted, smoked, or injected. Injection is ill advised as these products rarely list ingredients let alone



dose.

Health issues

Users of bath salts have reported experiencing symptoms including headache, heart palpitations, nausea, and cold fingers. Hallucinations, paranoia, and panic attacks have also been reported, and news media have reported associations with violent behavior, heart attack, kidney failure, liver failure, suicide, an increased tolerance for pain, dehydration, and breakdown of skeletal muscle tissue.

Contrary to popular belief, investigators found no connection to bath salts in the Miami cannibal attack.

Visual symptoms similar

to those of stimulant overdoses include dilated pupils, involuntary muscle movement, rapid heartbeat and high blood pressure. Many documented users have also had a history of mental illness.

Detection

MDPV cannot be smelled by detection dogs and will not be found in typical urinalysis, although they can be detected in urine and hair analyses using gas chromatography-mass spectrometry. Distributors may disguise the drug as everyday substances such as fertilizer or insect repellent.

Prevalence

Little is known about how

many people use bath salts. In the UK, mephedrone is the fourth most commonly used drug among nightclub goers after cannabis, MDMA and cocaine.

Based on reports to the American Association of Poison Control Centers, use of bath salts in the US is thought to have increased significantly between 2010 and 2014. The increase in use is thought to be a result of their widespread availability, undetectability on many drug tests, and sensationalist media coverage.

Users tend to range from ages 15–55 with the average being age 28.

Native Resilience: Trickster Thoughts

“You know there are some children who aren’t really children at all, they’re just pillars of flame that burn everything they touch. And there are some children who are just pillars of ash, that fall apart when you touch them... Victor and me, we were children of flame and ash.” Thomas Builds the Fire, Smoke Signals, 1998.

In meeting with clients in my practice I often learn from them. I have a dual role in my work, I am the mental health expert and also the student who watches, listens and learns from others. A former client told me that I should call my work resilience training rather than therapy. At that moment eagles soared, birds sang, a triple rain bow appeared and elk surrounded me bugling in unison. He realized what I had over looked. Resilience adds the ability to fully enjoy our lives and to prevent the ugly problems from controlling us. I am changing Coyote Thoughts column to Native Resilience, resilience is the goal and Trickster Thoughts are the true enemies that get in our way.

There is a stigma around mental health, everybody believes in therapy...for somebody else. Often times there is shame involved about going to therapy. It is viewed as a personal failure by not being able to cope as well as others. There can be shame involved in having to tell personal information to a stranger. Too often the Labeling Trickster jumps in and plants the thought only crazy people go for help. Not so! Recently I was in an office where I knew everybody and am friends with each. When people walked by, they would make funny comments or crazy gestures about the person getting therapy. Although this is in fun, it adds to the stigma that getting help is wrong unless one is really crazy or broken. There is nothing wrong about

By Beau Washington, Psy.D.

wanting to have a better life.

Years ago I realized that it is odd that depressed people would go to a therapist and spill out their guts, sob and feel miserable in hopes of feeling better. There must be a better way. Many things are a mystery until you start looking at the parts, then the mystery lifts and it becomes clear how it works. It is the same with psychology. Getting to know the mental components of depression I learned that Trickster Thoughts were a large part of the problem. These are thoughts that are possible, but they trick a person into believing they are true or accurate when they are not. For instance if I see I have a flat tire I may think “This always happens to me, I can’t do anything right, I am so stupid.” Sure all of those thoughts could be true, but they are not. A flat tire doesn’t happen all the time to me, only every few years. It is not true that I can’t do anything right, my days are filled with things I do right. Okay, sometimes I have to do it a second time in order to do it right. A flat tire has nothing to do with my IQ, it is just a flat tire and a fifteen minute pain in the neck. These Tricksters are sly and want us to have a bad day. However, if I go to a therapist they may say those Trickster Thoughts are called irrational beliefs; thinking errors or cognitive distortions, then I will feel like I am mentally ill when I am not. The part of the key to resilience is catching the Tricksters and replacing them with the truth.

Native Resilience will continue to tell stories of how the Tricksters cause turmoil in our lives and how to chase them away. I recommend that you read “A Native Explains Mental Health”, it is an accurate depiction of how depression and other mental health problems occur. Thanks for continuing to read my work.

Proclaiming November as Native American Heritage Month

Brittany Nells (pictured left) read the State of Oklahoma Native American Month Proclamation recently signed into order by Oklahoma Governor Mary Fallin at an assembly held Nov. 11, 2014 at the Sequoyah High School in Tahlequah, Okla.

Lena Nells submitted the proclamation to the Oklahoma Governor for acceptance in recognition of November as Native American Heritage month.

The Proclamation (pictured right) reads as follows:

“Whereas, our state is known around the world for its rich Native American history and culture; and,

Whereas, Oklahoma is home to thirty-nine tribes and the third largest American Indian population in the nation; and,

Whereas, from the cannon shots of the Civil War

to the high-tech military battles of today, Oklahoma is proud of our more than twenty-five thousand Native Veterans who served with honor in the armed forces, proudly defending their country and native land; and,

Whereas, through treaties, politics, and promises that brought Native Americans to Oklahoma from across North America, today we all share not only the conflicts of yesterday, but pride in our shared accomplishments and determination to forge a brighter tomorrow; and,

Whereas, tribal governments contribute billions of dollars to our state’s economy every year, providing housing, health care, education and employment opportunities; and,

Whereas, Oklahoma’s Native Americans stand



strong and proud, their character shaped by their past, their hearts celebrating the present and their gaze fixed upon the horizon that brings a bright future for us all,

Now therefore, I, Mary Fallin, Governor of the State of Oklahoma do hereby proclaim November 2014 as Native American Heritage Month.”

Department of Administration
Economic Development Program and the
Executive Office

Thanksgiving

BUFFALO MEAT DISTRIBUTION

♦

Cheyenne & Arapaho tribal elders, 55 years of age and older, will be provided with 5 pounds of buffalo meat during November. Economic Development, working with Food Distribution and RESpECT, will attempt to distribute to three remote locations before November 20th. After that date, delivery requests can be made to Charleta or Trisha by calling (405) 422-7461, or packets can be picked up at the Economic Development Office at Concho.

DISTRIBUTION SITES

NOVEMBER 18
Clinton Tailgate

NOVEMBER 19
Elders Conference–Watonga

NOVEMBER 20
Elk City Tailgate

FILED
OCT 07 2014
OKLAHOMA SECRETARY OF STATE

STATE OF OKLAHOMA

EXECUTIVE DEPARTMENT

Proclamation

Whereas, our state is known around the world for its rich Native American history and culture; and

Whereas, Oklahoma is home to thirty-nine tribes and the third largest American Indian population in the nation; and

Whereas, from the cannon shots of the Civil War to the high-tech military battles of today, Oklahoma is proud of our more than twenty-five thousand Native American veterans who served with honor in the armed forces, proudly defending their country and native land; and

Whereas, through treaties, politics, and promises that brought Native Americans to Oklahoma from across North America, today we all share not only the conflicts of yesterday, but pride in our shared accomplishments and determination to forge a brighter tomorrow; and

Whereas, tribal governments contribute billions of dollars to our state’s economy every year, providing housing, health care, education, and employment opportunities; and

Whereas, Oklahoma’s Native Americans stand strong and proud, their character shaped by their past, their hearts celebrating the present, and their gaze fixed upon the horizon that brings a bright future for us all;

Now, therefore, I, Mary Fallin, Governor of the State of Oklahoma, do hereby proclaim November 2014 as

“Native American Heritage Month”

in the state of Oklahoma and recognize the many ways Native Americans have influenced and enhanced our state.

In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Oklahoma to be affixed.

Done at the Capitol, in the City of Oklahoma City, this 7th day of October, in the Year of Our Lord two thousand and fourteen, and of the State of Oklahoma in the one hundred and sixth year.

Ch. Benge
SECRETARY OF STATE

Mary Fallin
GOVERNOR

2014

Maj. Darren F. Keahtigh to retire, 25 years of service

Submitted article

Maj. Darren F. Keahtigh received his ROTC commission from the University of Central Oklahoma in 1997. His formal education includes Associate’s Degree in Criminal Justice from Northeastern Junior College in 1995, Bachelor’s in Criminal Justice from University of Central Oklahoma in 1997, projected graduation date of Fall 2015 from University of Central Michigan in Administration Human Resources

Following graduation from Miami High School, he entered Army active duty on Aug. 14, 1990 as an enlisted Infantryman in Germany.

After completing his initial enlistment he was honorably discharged and attended college. Following graduation from the University of Central Oklahoma, he entered Army active duty in May 1997 as an Infantry Officer.

His assignments include service as Platoon Leader and Executive Officer with 2nd Battalion, 187th Infantry Regiment (Rakasan), 101st Airborne Division (Air Assault), Ft. Campbell, Kentucky. He was the Battalion Assistant S3 and Bravo Company Commander with the 1st Battalion, 5th Cavalry Regiment, 2nd Brigade, and 1st Cavalry Division. He was a Maneuver and Logistic Observer Controller at the Joint Readiness Training Center, Fort Polk, Louisiana. He was the Brigade Rear Detachment S3, Brigade

Planner, 3rd Brigade, 4th Infantry Division and the Squadron S3, Security Forces Assistant Advisor Commander with 4th Squadron, 10th Cavalry Regiment, 3rd Brigade, 4th Infantry Division, Fort Carson, Colorado.

He is currently assigned as an Observer Controller and Operations Officer to Operations Group Charlie, Mission Command Training Program, Ft. Leavenworth, Kansas.

Keahtigh’s military education includes the Infantry Officers Basic Course, Infantry Officer Advanced Course, Combined Arms Staff Course, Mechanized Leaders Course, Joint Fire Power Course, and the Command and General Staff College of Ft. Leavenworth.

Keahtigh’s civilian education includes, Associate’s Degree, Criminal Justice, from Northeastern A&M Junior College, Bachelor’s Degree, Criminal Justice, University Central Oklahoma, Project Management Certification, Johnson County Community College (Graduation January 2015), Master of Science, Administration Human Resource, from University Central Michigan (Graduation May 2015).

Keahtigh’s operational assignments includes Company Commander of Bravo, 1st Battalion, 5th Cavalry Regiment, 2nd Brigade, 1st Cavalry Division in Iraq from May 2003 to December 2004, There he commanded Bravo Company through the Battle of Al Najaf (August 2004) and the Battle of Fallujah (No-

vember-December 2004). His next deployment as the Squadron S3 of 4th Squadron, 10th Cavalry Regiment, 3rd Brigade, 4th Infantry Division. The Squadron conducted three separate mission sets in MAY 2010 to MAY 2011. His last deployment as a Commander of Security Forces Advisory Assistant team in the Arghandab River Valley mentoring the Arghandab District Police, while assigned to the 4th Squadron, 10th Cavalry Regiment, 3rd Brigade, 4th Infantry Division, while serving in Afghanistan.

Keahtigh’s awards and decoration include the Bronze Star Medal (3rd Award), Meritorious Service Medal (3rd Award), Army Commendation Medal with Valor Device (Battle of Al Najaf), Army Commendation (3rd Award), Army Achievement Medal (5th Award), Valorous Unit Ribbon (Battle Al Najaf), Naval Unit Commendation (Battle of Fallujah), Army Superior Unit Award (Surge Campaign 2007), National Defense Service Medal with Star Device, Afghanistan Campaign Medal (1 deployment), Iraqi Campaign Medal (2 deployments), Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, Non-commissioned Professional Development Ribbon, Army Service Ribbon, Overseas Service Ribbon (3 tours), and NATO Medal (Afghanistan). Additionally, he has been awarded the Combat Infantryman Badge, Expert Infantry-



man Badge, Parachutist Badge, and Air Assault Badge.

He has three children, 15 year old son Kody, 12 year old daughter, Kaylynn, and 7 year old daughter Kacie. Keahtigh is an enrolled member of the Muscogee (Creek) Nation and is also Kiowa/Cheyenne-Arapaho.

Stand Down

continued from pg.1



Photos by Rosemary Stephens
Kosechata, Comanche, seeks information and assistance as a Korean/Viet Nam war veteran with Agent Orange.

“I am a Korean and Viet Nam vet, was the oldest officer in Viet Nam in 1968. I have Agent Orange, am all shot up and handicapped and trying to get help from these people. I got a letter from Des Moines, Iowa telling me I had Agent Orange and that was it. At least these people are talking to me and they took a lot of information to try and get me some help,” Kosechata said. “I am grateful for these people here helping us, there is a lot I want to tell them, but I was classified as CID (Central Intelligence Division) and we just don’t talk about those things, I still don’t.”

Services ranging from housing to medical benefits were being offered to veterans and veterans’ widows and widowers during the event. One area of help offered through the VA, Readjustment Counseling Service, received several applications for assistance, which is no surprise to Veterans Outreach Program Specialist, William H. Brown. A Sergeant-Major retired from the U.S. Army, who also did several tours in Iraq and Afghanistan, Brown said it is their services that can help war zone veterans coming home to readjust to civilian life, something he said he had to go through himself and that’s why he helps others now.

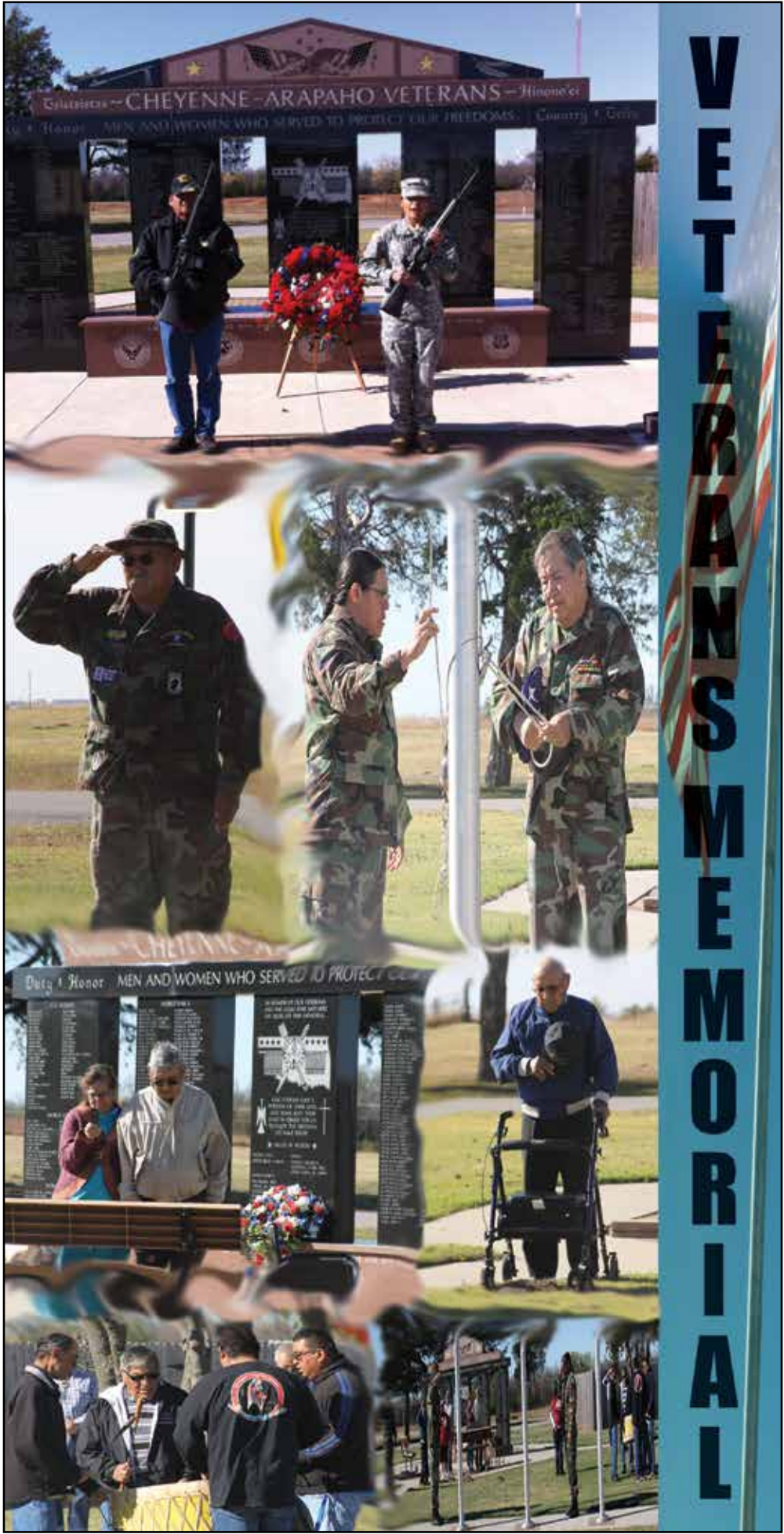
“A lot of veterans come home from war zones and they think I had a really good plan for my life before this happened and when I get out I am going to go home and pick up those pieces and that plan and go on with my life. The problem is it never works because that world doesn’t exist for those soldiers any



more, the plan doesn’t apply because they have changed,” Brown said. “What they have seen and lived through changes them. When I came back from one of my year tours in Afghanistan, things had changed drastically in a year over here. I had changed. Spouses change in a year, children who we left behind as small children grow up and change in a year. Now we think in the back of our heads hey man all I have to do is go back to the place where I was, I had a great plan, good job, all I got to do is go back to that place in time and pick up the plan, but it’s not that simple. They have changed and the world has changed from their perspective and sometimes we need a new plan.”

To learn more about the Readjustment Counseling Services call (405) 456-5184 or by cell at (405) 420-5751.

To contact the local U.S. Dept. of Veterans Affairs to learn about services provided to veterans call (405) 752-6515 or (405) 521-3684.



Elder’s story

continued from pg. 1

and she never hit me again,” Lyman said.

At the age of nine Lyman’s family moved to Denver, Colo., because of the Indian Relocation Act.

“America was going to re-culturize us by putting us in the mainstream, which was a drastic change for us and other families,” Lyman said. “We moved back when I was in the ninth grade.”

Through Lyman’s eyes there was a difference in small town living and the hustle and bustle of a big city. He said in Watonga he was just a poor little Indian boy, while in Denver there were more people that were equal to him among the Mexicans, blacks and the whites.

Lyman was reminded of a story at his first attempt of drinking at the age of 14 when they moved back to Watonga.

“I wanted to start drinking with my older cousins one night at a hand game at the cardboard hall. One of my older cousins played football, he was a big boy and he asked me if I drank. I said, ‘no’ ... but before I could say ‘but I want to’ he said hey guys listen to this ‘Lyman doesn’t drink’,” Lyman said. “My cousins put me on a car stretched me across the hood and they poured liquor into my mouth. I jerked sideways then it poured into my nose and eyes and it choked me. When they started laughing I got mad, and I jumped up and starting hitting my cousin, I wanted to hurt him but I couldn’t because he was so big.”

He said that was the night he made his mind up to never drink or use drugs.

“I have never been high with marijuana or drunk on the drink. I have no desire for it,” he proudly said. “In our family I am the only one

who has never experimented with drugs or alcohol.”

In 1964 Lyman’s mom and dad were having a hard time providing for their children so the family up and moved to live on the reservation in Lame Deer, Montana.

“I graduated from high school at Busby High School, I was told later that I had an education that was the equivalent of an eighth grader,” Lyman said.

His ninth grade math teacher knew he had difficulty learning Algebra so he made a bargain with him.

“One day in class he said, ‘Lyman you’re having a lot of trouble in Algebra’. I tell him yes I am and he says, ‘what do you like to do?’ I said well I like to play my guitar. He asked, ‘you play a guitar?’ I said yes I do. ‘What kind of guitar you got?’ I said I got an electric guitar with an amplifier. He looked at me and said, ‘I tell you what, you bring that guitar to school and you play it for us. If you play good I am going to give you a good grade and if you play bad I am going to give you a bad grade’,” Lyman smiled. “So I got really happy and one day I decided I was going to take my amplifier and guitar to school.”

Young Lyman walked to school carrying by his side his amplifier and guitar.

“So I arrive at school and I told my math teacher I had brought my guitar and amplifier, he said, ‘what for?’ And I said well you told me to bring it. He asked me, ‘can you play that thing,’ and I said yes. He said I tell you what Lyman, I am going to get the last ten minutes of school and you are going to have an assembly,” Lyman said.

His math teacher spoke with the school principal and allowed Lyman to plug up

his guitar and amplifier for the ten-minute debut.

“I started playing an instrumental, I love blues music, and so I started playing bluesy music. All the black kids got up and started dancing in the aisles, and all the white folk started jerking around and I became an instant star sensation,” Lyman laughed. “All of a sudden it freed me from being an introvert. I was very introverted at the time.”

Lyman said he had a great passion for music and still enjoys playing the guitar.

“After high school I went to Denver to learn about drafting, I graduated from Denver Drafting College. I could not read or write at the time, but I could draw,” he said.

He quickly took a job in Billings, Montana as a draftsman.

“I worked for the Amax Coal Company and it changed its name to Met-arc Farms and then I worked on the reservation for the tribe,” Lyman said. “I would draw the diagrams to show how much coal was underneath the reservation.”

Shifting gears in mid-stream, Lyman started to share about his great-grandfather Weaselbear.

“After the Indian wars my grandpa met a man he called Gimme Guessy, his real name was Jim Gatchell, he has a museum in Buffalo, Wyoming. He befriended my grandpa, and one day Jim asked my grandfather of the many battles he was in and if he would take him to the sites,” Lyman said. “So they got in Gatchell’s car and drove to wherever the battles were. Gatchell would search the grounds and find bullets and different things left over from the battles. Grandpa loved war, he absolutely loved war he was not



afraid of anything.”

One of Lyman’s favorite stories was told to him by his father about his great-grandfather was one of a woman.

“These are my father’s words. There was a woman who had an infected breast and my grandpa was a spirit lodge man and had ceremonial healing skills. A white man came to grandpa, when he was camping by the river there in Buffalo. The man told him his wife was sick and she had something wrong with her breasts. He had asked grandpa if he could help her,” Lyman said. “So some how they communicated, later that night the man and grandpa went to his house where is wife was. Grandpa was in there praying, smudging and he mixed red paint with ash and rubbed it on the lady’s breast. But in the mean time, her husband sat on the front porch in his lap a shotgun and ready to use it.”

Lyman said Indian men did not touch white women in those days.

“It was fall time and grandpa had a lot of dry meat he had put it in gunny sacks and stuffed it down, grandma would sew it. They would take a whole wagonload back to the reservation, Burning Village

it was called, located in the southern part of the reservation,” Lyman said. “The next fall when my grandpa went back, the man was so happy he told grandpa his wife got well. So the white man showered him with whatever gifts he could afford.”

Lyman said he carries on the family traditions of being a ceremonial man.

“When I first went into the ceremonies my father was very strict about it, so was my momma. My daddy said back in the old days ... we are talking past the reservation days. Back in the old days, when the people laid down during the renewing ceremony they would hear the drum beating all night long and they would be happy, and when they woke up and if they heard that drum still beating they became happy again,” he said. “So as a young man going through the ceremony here in Oklahoma, I wanted to bless my people like that. I asked my grandfather Eating Wolf, who is Roy Bullcoming, if I could dance all night long, he consented and he prepared me for the night. The singers sang all night long, I knew the people were happy hearing the drum all night long. When they woke there I was



Lyman Weaselbear holds his grandson Aaron Weaselbear in 1992.

still standing and they were all happy because they could hear that drum. That is how I chose to bless my people.”

Lyman said his desire is to bless his people again.

“I blessed my people in the renewing lodge by having the men sign all night long, until day light. So now what I want to do is bless my Cheyenne and Arapaho people with a country western dance for Christmas,” Weaselbear said. “My sister said our people don’t dance, I told her well they can at least listen to the music.”

Today Lyman works at the Clinton Lucky Star Casino and plays his guitar every chance he gets. He plays at funerals for friends and also for the residents that live at the Independent Living Center.



Veteran Additions



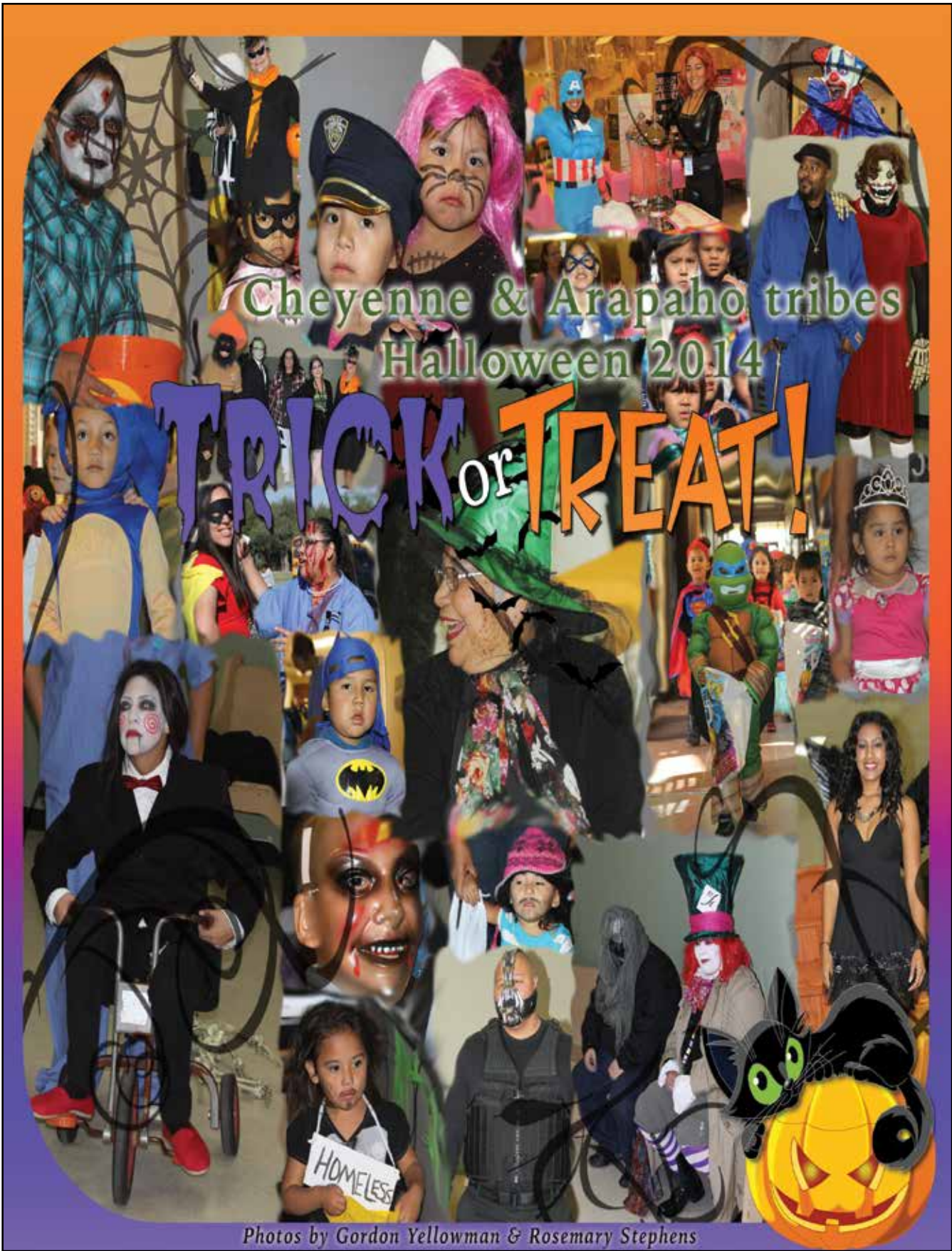
Art Hill Sr.
U.S. Army
Fonda, Okla.



Art Hill Jr.
U.S. Army
El Reno, Okla.



- Additions Not Pictured:
Victor Hill
U.S. Navy
Hammon, Okla.
- Lawrence
Medicine Chips
U.S. Marines
Clinton, Okla.
- Eugene Medicine Chips
U.S. Marines
Clinton, Okla.
- Tony Pedro
U.S. Army
Calumet, Okla.
- Jerome Bushyhead
U.S. Air Force
El Reno, Okla.



Photos by Gordon Yellowman & Rosemary Stephens

JOM

News

TRIBAL TidBITS



Pictured l-r: Natalie Ye-ahquo, Chairperson, Holly Walker, Vice-Chairperson, April Parton, Sec/Treasurer.

Newly elected Mustang JOM Parent Committee Officers for the 2014-2015 school year.

For more information please contact the Cheyenne and Arapaho Tribes Johnson O'Malley Program at (405) 422-7658, or (405) 422-7566.



The JOM program offers parents assistance with athletic shoes needed for school sports or for physical education. Janelle Whiteman was one of our first parents to submit a request for basketball shoes.

The JOM Program will pay up to 70 percent of total cost of shoes and assist with most school related requests.

For more information visit www.c-a-tribes.org go to Dept of Education Johnson O'Malley Program or call (405) 422-7658 or (405) 422-7566.



CHR WALK

Friends and family celebrate cancer survivors as they walk, jog, or run at the CHR Breast Cancer Awareness walk on Oct. 29, 2014 at the Cheyenne & Arapaho tribes complex.

Star Employee ☆ Star Treatment



Clinton Lucky Star Casino's valet driver, Emerson Ellis Sr., was selected as the outstanding 'Star Employee' during the first secret shopper event.

In an effort to help increase the effectiveness of customer service, Lucky Star Casinos began a new way to reward the frontline employees that are representing the casinos. They have implemented the 'secret shopper' to help find employees that are doing an outstanding job day in and day out.

What the secret shopper will be looking for is a simple greeting from an employee (Star Treatment). The secret shopper will ask about the Players Club. The secret shopper will ask about daily in house and monthly promotions and the secret shopper will be looking for overall helpfulness.

The secret shopper will visit all five casinos on all three shifts and will also be calling the casino to ask the exact same questions to the receptionist in an effort to give everyone a chance at being named 'Star Employee'.

If selected as 'Star Employee', the employee will be rewarded with a \$599 gift card from a store or business of their choice, recognized in the *Tribal Tribune* for their outstanding effort and a catered meal will be provided at the winning casino in their honor for every shift.

Ellis was named the first 'Star Employee' for October. During the secret interaction, "Ellis demonstrated a very friendly and helpful attitude and used verbal interaction during the shuttle ride to make the customer feel appreciated, wanted, remembered and a valued part of Lucky Star Casino. Ellis's job performance was a great example of using a small interaction to create a more memorable experience and increase the likelihood of a return visit from this customer. Excellent job of creating customer loyalty."

Tribal Court

Hob-Goblins 2014



King & Queen Bingo Teresa Faris and David Little Bear won second place in the Employee Best Halloween Costume Contest

New Bulls



Meet the two new boys who joined the Cheyenne & Arapaho tribes' buffalo herd in Hammon, Okla.

Fancy Dancers

Two Cheyenne guys talking at the Red Mountain powwow, left Gabe Scabby of Scottsdale, Ariz., and on right Carlos White Tail Mendivil, Tolleson, Ariz.

Carlos has on the white tail eagle bussles. Both have placed first in the Men's Fancy Spotlight for the Salt River Veterans Powwow the last two years.



Carrying the Cheyenne Tradition Forward.



Arnpaho District 2 & Cheyenne District 2 Spooktacular Halloween Event

Lots of treats for the kiddos

Fellowship

Face painting

Clowns

Hamburgers & hotdogs

Pumpkin Patch

Jumping houses

Hay Rides

Elder's Day Out

Thanksgiving Dinner

Watonga Community Building
Wednesday, November 19, 2014
12:00 p.m. — 2:00 p.m.

Dinner, Music & Door Prizes

Donation Schedule		
Kingfisher	Wal-Mart	11:00 a.m.
Salida	Shell Gas Station	11:30 a.m.
Corbin	Shell Gas Station	12:00 a.m.
Chick	Wal-Mart Supercenter	12:00 a.m.
El Reno	Wal-Mart	12:00 a.m.
Geary	North Store	12:15 a.m.
Wichita	Love's	12:45 a.m.
Wagonwheel	Community Building	12:50 a.m.
Clifton	Homebased	12:55 a.m.
Weatherford	Old Commodity	1:00 p.m.
Harmon	Harmon Supercenter	1:05 a.m.

REGISTRATION REQUIRED FOR TRANSPORTATION

R.E.Sp.E.C.T. Program
405.422.7570, 7585





R.E.S.P.E.C.T.'S HALLOWEEN

Carnival



Concho, Okla.
Oct. 29, 2014

Photos by Rebecka Lyman



PUBLIC NOTICE

ALL CHEYENNE AND ARAPAHO TRIBAL MEMBERS
(18 YEARS AND OLDER ON OR BEFORE December 6, 2014)
Two (2) Special Tribal Council Meetings
First Special Tribal Council Meeting
Saturday December 6, 2014, 10AM – Noon
Second Special Tribal Council Meeting,
Saturday December 6, 2014, 1:00 pm
Concho Community Hall – Concho, Okla.

In accordance with the Cheyenne & Arapaho Tribes’ Constitution, pursuant to Article V. Sec.3 (b) *Special Meetings of the Tribal Council may be called by five members of the Legislature or by Petition signed by one hundred fifty Members of the Tribes. All requests for a Special Meeting of the Tribal Council shall be submitted to the Coordinator of the Office of the Tribal Council. Upon receipt of a valid petition, the Coordinator of the Office of the Tribal Council shall call the Special Meeting. The purpose of the Special Meeting shall be indicated in the request for the Special Meeting and no other business shall be conducted at the Special Meeting.*

A Special Tribal Council Meeting is being called for on Saturday, Dec. 6, 2014 at 10 a.m., reconvened Annual Council Meeting to be held at Concho Community Hall, Concho, Oklahoma.

The purpose shall be:
Approve the 2015 Budget.

A Legislative Order Calling for a Special Tribal Council Meeting for Saturday Dec. 6, 2014, immediately following the 10 a.m. reconvened 2014 Annual Meeting, at the Concho Community Hall, Concho, Oklahoma, was received on Nov. 6, 2014. Signed by the Fifth Legislators, Bruce Whiteman, C1, Alan Fletcher, C2, Cheevers Heap of Birds, C3, Kyle Orange, C4, Winslow Sankey, A4, Christine Morton, A2, and Eddie Hamilton, Governor.

The Purpose shall be:
Amendment of Coordinator Terms and Conditions, Full time option or On-Call option.
Removal of Pete Salinas from Coordinator position and call for a new Coordinator to be elected at the next Tribal Council Meeting.

The following items are posted at the Office

of Tribal Council (located at Concho Community Hall), Office of Administration (formerly Business Manager’s Office at the Tribal Complex), and Cheyenne & Arapaho Website (www.c-a-tribes.org).

Any resolution is available to the public.

Business:
Approve the 2015 Budget
A Tribal Council resolution to Revise terms and conditions of Coordinator position
A Tribal Council resolution to Remove the Tribal Council Coordinator

In accordance with the Cheyenne & Arapaho Tribes’ Constitution, Article V. Sec. 3 (c) The Coordinator of the Office of Tribal Council shall provide notice of all Regular Meetings and Special Meetings of the Tribal Council at least fifteen days before such Meeting.

CHEYENNE AND ARAPAHO TRIBES
SPECIAL TRIBAL COUNCIL MEETING
December 6, 2014, 10:00 A.M.
Concho Community Hall

RECEIVED
NOV 06 2014
Cheyenne & Arapaho
Tribal Council Office
@10:19 by S. P. [signature]

A Tribal Council Resolution to revise terms and conditions of Coordinator position

Tribal Council Resolution No: _____

Date Posted: November 6, 2014
Date Published: November 6, 2014
Date Approved:

WHEREAS, The Cheyenne and Arapaho Tribes are a federally recognized Indian tribe organized under a Constitution approved by the tribal membership on April 4, 2006 and approved by the Secretary of the Interior; and

WHEREAS, Cheyenne and Arapaho Constitution Article V, Section 2(a) grants the Tribal Council “the power to set policy for the Tribes” and “all other powers and duties specifically provided by the Constitution[;]” and

WHEREAS, Cheyenne and Arapaho Constitution Article V, Section 5(b) authorizes the Tribal Council to establish terms and conditions for the service of the Coordinator, which were previously adopted on October 6, 2014, and

WHEREAS, the current Terms and Conditions of service need to be amended to make the eligibility requirements for Coordinator consistent with other officers of the Tribes.

NOW THEREFORE BE IT RESOLVED BY THE TRIBAL COUNCIL OF THE CHEYENNE AND ARAPAHO TRIBES that the Terms and Conditions adopted October 4, 2014, are amended as either the Full-Time Option or On-Call Option set out below:

FULL TIME OPTION

1. TERMS AND CONDITIONS. The Tribal Council Coordinator shall be appointed to a two year term. No person shall serve as Coordinator who has been convicted of a felony, or pled guilty or no contest to a felony charge, and suffered criminal penalty, within the past 10 years, beginning with the date of conviction or entry of final plea agreement.

2. CONSTITUTIONAL DUTIES;

a. Upon receipt of a valid petition, the Coordinator shall call the Special Meeting.

b. Accept proposed Resolutions at least thirty days before each Annual Meeting or Special Meeting of the Tribal Council.

Page 1 of 3
Tribal Council Resolution No. _____
A Tribal Council Resolution to Establish Terms and Conditions of Coordinator Position

CHEYENNE AND ARAPAHO TRIBES
SPECIAL TRIBAL COUNCIL MEETING
December 6, 2014, 1:00 P.M.
Concho Community Hall

RECEIVED
NOV 06 2014
Cheyenne & Arapaho
Tribal Council Office
@1:19 by S. P. [signature]

c. Prepare an agenda for Annual or Special Meetings of the Tribal Council (Including the list of proposed Resolutions).

d. Publish and provide notice of all Regular Meetings and Special Meetings of the Tribal Council at least fifteen days before such meeting.

e. Accept original decisions and minutes from the Secretary that shall be kept exclusively at the Tribal Council Office and Copies given to Secretary and to the Office of Records Management.

f. Accept petitions seeking to repeal an enacted law or Resolution at any time and they shall be placed on the agenda of the next Tribal Council Meeting.

g. Compile all approved laws and Resolutions within 10 days of passage into a code which shall be published.

3. Additional Duties:

a. Become knowledgeable of the operations of all branches, laws clarifying the Authorities of the Tribal Council Branch and the other Branches of the Government, directorates, offices, and commissions.

b. Become aware of all tribal governmental meetings and attend these meetings when possible to represent the Tribal Council.

c. Develop a system to report on tribal meetings of the various Branches that affect the Tribal Council.

d. Attend Conferences and educational sessions to educate coordinator on subjects related to tribal issues of self-governance.

e. Abide by the Tribal Council’s Rules of Order and procedure at Tribal Council Meetings.

4. Budget & Finances:

a. The newly elected Tribal Council Coordinator shall be paid \$ _____ per year as a full time employee with all the benefits of employees of other branches of the Tribes.

b. The Office of the Tribal Council shall be funded by gaming funds and the Coordinator shall operate on the overall budget previously approved for the Office of the Tribal Council.

c. The Coordinator shall prepare the budget necessary to operate and any changes for the next budgetary cycle to the Tribal Council for enactment.

ON CALL OPTION

1. Term: The Tribal Council Coordinator shall be appointed to a two year term.

2. No person shall serve as Coordinator who has been convicted of a felony, or pled guilty or no contest to a felony charge, and suffered criminal penalty, within the past 10 years, beginning with the date of conviction or entry of final plea agreement.

3. Constitutional Duties:

a. Upon receipt of a valid petition, the Coordinator shall call the Special Meeting.

b. Accept proposed Resolutions at least thirty days before each Annual Meeting or Special Meeting of the Tribal Council.

c. Prepare an agenda for Annual or Special Meetings of the Tribal Council (including the list of proposed Resolutions).

d. Publish and provide notice of all Regular Meetings and Special Meetings of the Tribal Council at least fifteen days before such Meeting.

e. Accept copy of decisions and minutes from the Secretary.

Page 2 of 3
Tribal Council Resolution No. _____
A Tribal Council Resolution to Establish Terms and Conditions of Coordinator Position

Page 3 of 3
Tribal Council Resolution No. _____
A Tribal Council Resolution to Establish Terms and Conditions of Coordinator Position

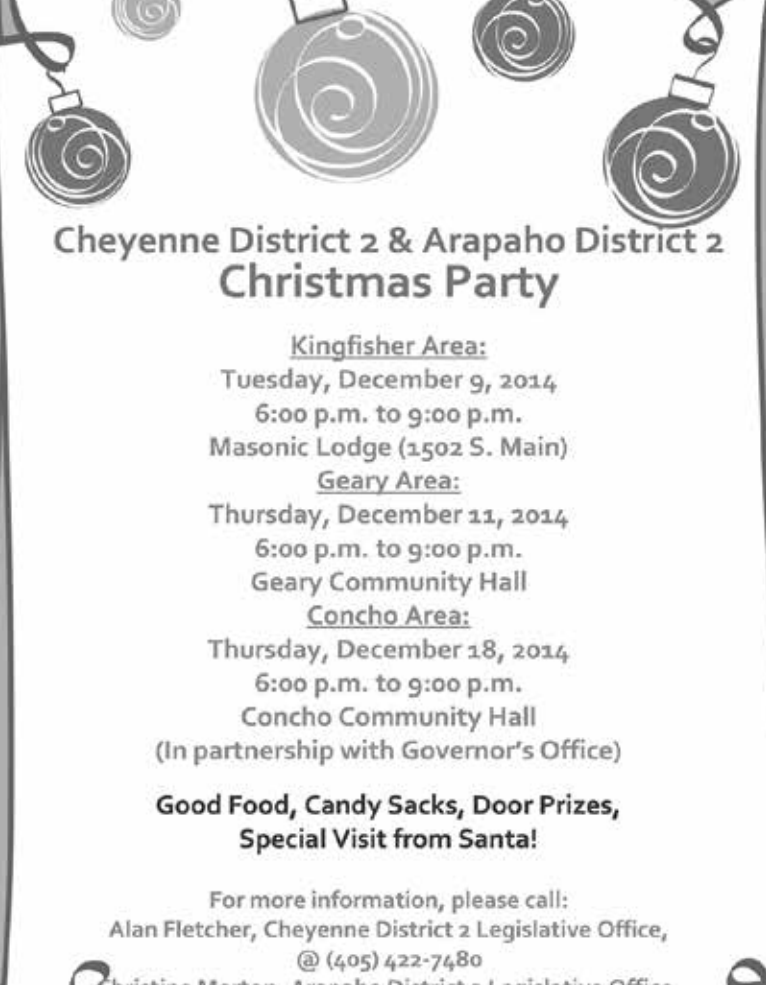
Page 1 of 2
Tribal Council Resolution No. _____
A Tribal Council Resolution to Select a Tribal Council Coordinator

Tribal Council Secretary

Page 2 of 2
Tribal Council Resolution No. _____
A Tribal Council Resolution to Select a Tribal Council Coordinator

Page 1 of 2
Legislative Order Number 51-LO-2014-10-001
A Legislative Order calling for a Special Tribal Council Meeting

Page 2 of 2
Legislative Order Number 5L-LO-2014-10-001
A Legislative Order calling for a Special Tribal Council Meeting



**Cheyenne District 2 & Arapaho District 2
Christmas Party**

Kingfisher Area:
Tuesday, December 9, 2014
6:00 p.m. to 9:00 p.m.
Masonic Lodge (1502 S. Main)

Geary Area:
Thursday, December 11, 2014
6:00 p.m. to 9:00 p.m.
Geary Community Hall

Concho Area:
Thursday, December 18, 2014
6:00 p.m. to 9:00 p.m.
Concho Community Hall
(In partnership with Governor's Office)

**Good Food, Candy Sacks, Door Prizes,
Special Visit from Santa!**

For more information, please call:
Alan Fletcher, Cheyenne District 2 Legislative Office,
@ (405) 422-7480
Christine Morton, Arapaho District 2 Legislative Office,
@ (405) 422-7440

E A T I N G

well for

DIABETES

Benefits of Eating Veggies

What do kale, arugula and Brussels sprouts have in common? Aside from being the basis for trend-setting vegetable recipes, they’re all delicious cruciferous vegetables and pack a nutritional and inflammation-fighting one-two punch.

Cruciferous veggies are a diverse group that includes broccoli, cauliflower, cabbage, kale, bok choy, arugula, brussels sprouts, collards, watercress and radishes. Fun fact: The name “cruciferous” is an informal classification for members of the mustard family and comes from the Latin *cruciferae* meaning “cross bearing,” because the four petals resemble a cross.

While these veggies grow in all different colors, shapes and sizes, they share several nutritional benefits. Most cruciferous veggies are rich in vitamins and minerals such as folate and vitamin K. Dark green cruciferous veggies are also an excellent source of vitamins A and C. They’re also rich in phytonutrients, plant-based compounds that may help to lower inflammation and reduce the risk of developing cancer. Cruciferous vegetables are also rich in fiber and

low in calories, a combination that will help you feel full and satisfied without overeating.

It doesn’t take much to reap the benefits. Adults need at least 2-½ cups of vegetables a day. One cup of raw and cooked veggies, such as broccoli, cauliflower and Brussels sprouts, is equivalent to a one cup vegetable serving. Two cups of raw leafy vegetables, such as kale, cabbage and bok choy, are the equivalent of a one cup vegetable serving.

Ready to add more cruciferous veggies into your diet? These tips will make packing in your vitamins and minerals easy *and* enjoyable.

Cauliflower

This versatile veggie is delicious in many ways beyond steaming. Try roasting florets or “steaks” of cauliflower to release its pleasant flavor. When pureed, it’s a great substitute to cream sauce. Other creative cauliflower options? Mash into a pizza crust, grate into a substitute for rice or pickle for a low-calorie salty, crunchy snack.

Brussels Sprouts

Brussels sprouts practically beg

to be in the oven. For a melt-in-your-mouth side, roast and toss with something sweet, such as dried fruit or maple syrup, as well as something savory, anything from parmesan cheese to diced anchovies.

Kale

The almighty kale is a wonderful green for salads. Remove the tough stem, slice into thin ribbons and toss with toppings, dressing and all. Best of all, this hearty green will not wilt for days, making it a great option for packing ahead. To balance the bitter bite, pair it with something sweet such as roasted carrots, diced apple or dried fruit. Kale is also a great addition to smoothies and can even be baked into crisp chips.

Arugula

Arugula is one of the easiest greens to grow in your garden or in a planter. Enjoy this spicy leaf pureed into a pesto with a kick, tossed onto whole-wheat pizza once it emerges from the oven or used in a variety of tossed salads. For a classic combination try fresh arugula paired with feta cheese, cubed watermelon and a balsamic dressing.



Scholarship

Deadline Nov. 17

Deadline is Nov. 17 for New Native Agriculture & Food Systems scholarship applications.

First Nations Development Institute will award six \$1,000 scholarships annually to Native American college students majoring in agriculture and related fields, including but not limited to agribusiness management, agriscience technologies, agronomy, animal husbandry, aquaponics, fisheries and wildlife, food production and safety, food-related policy and legislation, horticulture, irrigation science, plant-based nutrition, and sustainable agriculture or food systems. Complete information and a link to the online application can be found at www.firstnations.org/grant-making/scholarship.

All applications must be completed and submitted by 5 p.m. Mountain Standard Time on Monday, Nov. 17,

2014.

To be eligible, applicants must:

Be a full-time undergraduate or graduate student majoring in an appropriate field at any recognized college or university, including all tribal colleges and universities.

Be an enrolled member of a current or terminated federal or state tribe, and able to provide documentation.

Have a Grade Point Average (GPA) of at least 3.0.

Demonstrate a commitment to helping his or her Native community reclaim local food-system control. Applicants will be asked to complete an online application and provide other required information, including tribal documentation, college enrollment verification, unofficial transcripts, a letter of recommendation from a faculty member, and a short essay submission.

HOUSING HIGHLIGHTS

Housing Highlights

ALL HOME BUYERS
SAVE THE DATE!

First annual Housing Fair
Saturday, Nov. 15, 2014
Clinton Community Center
Clinton, Okla.

The Resident Service Department would like to encourage anyone wishing to meet with us to schedule an appointment. We want to be able to meet with you to discuss your concerns or needs when you have time. It is most beneficial when we have a set time to do this. Please feel free to con-

tact us at (580) 331-2400. to let us know when you want to meet. We look forward to working with you.

Waiting List Applicants, make sure that you have a current update on file for 2014. Robyn French is the contact for all Waiting List applicants at (580) 331-2405.

Letisha Ruiz
Senior Consultant

Whole Food Nutrition
in one NATURAL DRINK

405-503-0633
letisharuiz@gmail.com
www.letisharuiz.zealforlife.com
http://facebook.com/letisha.ruiz

Garden Sandwich

Cooking with USDA Foods

Furnished by Food Distribution Program

With a little planning, you can turn a sandwich into a complete meal. This sandwich recipe provides veggies (cucumbers, lettuce, tomatoes, red pepper), dairy (cheese) and is served on whole grain bread.

2 slices whole wheat bread
2 teaspoons Dijon-type mustard
1 ounce cheddar or Swiss cheese
2 slices tomato
4 slices cucumber
¼ cup red bell pepper strips

4 basil leaves or 2 romaine leaves (or other leafy green lettuce)

Spread one side of each piece of bread with mustard. Lay ingredients on one slice of bread and top with the other slice. Cut in half.

Additional Options: Top with Pepperoni and Salami



Native American Veteran’s Day Gourd Dance
10 a.m. - 6 p.m., Nov. 15, 2014 at the Community of Christ Church, 4701 Juan Tabo in Albuquerque, N.M. For more information contact Sidney or Minnie Goodbear Moore at (505) 261-8936.

Cheyenne District 2 and Arapaho District 2 Thanksgiving Dinners

6 p.m.-8 p.m., Nov. 18, 2014 at the Masonic Lodge, 1501 S. Main in Kingfisher, Okla.

6 p.m.-8 p.m., Nov. 20, 2014 at the Concho Community Center in Concho, Okla. For more information contact Alan Fletcher, (405) 422-7740 or Christine Morton at (405) 422-7480.

R.E.Sp.E.C.T.’s Elders Day Out

12 p.m.-2 p.m., Wednesday, Nov. 19, 2014 at the Watonga Community Center in Watonga, Okla. Dinner, music and door prizes will be furnished. For more information call (405) 422-7570 or (405) 422-7585.

Lucky Star Casino presents MMA Lightweight Title Fight

Nov. 22, 2014 at the Lucky Star Casino in Concho, Okla. Sjaifiroeddin versus Navarro. For tickets visit www.ticketstorm.com. For more information call (405) 262-7612.

Clinton Indian Baptist Church Benefit Dance

Nov. 22, 2014 at the Clinton Community Center in Clinton, Okla. Dinner served at 5 p.m., dance to follow. All money raised will go to finishing the church building. For more information contact Gerald at (580) 515-1666 or Carolyn at (580) 309-0303.

Oklahoma City Powwow Club Benefit Dance with Contest

2 p.m., Nov. 22, 2014 at the Concho Community Center in Concho, Okla. Supper at 5 p.m. Prettiest shawl and LuLu contest. For more information contact Berdina Kodaseet at (405) 558-1400.

First annual Cheyenne & Arapaho Country Western Christmas Ball

Dec. 12, 2014 at the Clinton Community Center in Clinton, Okla. Doors open at 8 p.m. \$5 door cost (to pay musicians). Food and beverages available for purchase. No alcohol allowed. Come in your best country and western outfit, dressy or casual. For more information contact Lyman Weaselbear (580) 374-5847.

Oklahoma City Powwow Club New Year’s Dance

Jan. 3, 2015 at the Watch Tower Hall in Lawton, Okla. Gourd dance at 2 p.m., 5:30 supper. For more information contact Berdina Kodaseet at (405) 558-1400.

C&A Tribes Elder Care Program
Community Outreach Dates

Starting in November, in addition to food card disbursement days, we will have a caseworker traveling to the following communities monthly to take applications and assist with Elder Care services.

Hammon @ Hammon Community Hall
10:30a- 2:30p
Tuesday, November 18th,
Thursday, December 18th
Monday, January 19th

Seiling @ Seiling Community Hall
10:30a- 2:30p
Wednesday, November 19th
Friday, December 19th
Tuesday, January 20th

Lawton @ Lawton IHS– South Conference Rm
9:30a– 1:30p
Thursday, November 20th
Wednesday, December 17th
Thursday, January 22nd

For more info. please call, Sara WhiteShield at (580) 331-2318.

BRIEFS AT A GLANCE

White House Tribal Nations Conference

Dec. 2-3, 2014 in Washington, D.C. For more information or to register visit www.ncai.org.

Planning and Managing Construction Projects in Indian Country

Dec. 3-5, 2014 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

Emerging Trends in Tribal Enrollment

Dec. 3-5, 2014 at the

Westin Las Vegas Hotel in Las Vegas, Nev. For more information visit www.falmouthinstitute.com.

The second annual Tribal Finance Management Symposium

Dec. 8-9, 2014 at the Riviera in Palm Springs, Calif. For more information or to register visit www.nativenationevents.org.

Payroll Tax Management for Tribal Organizations

Dec. 8-9, 2014 in Las

Vegas, Nev. To register visit www.falmouthinstitute.com.

The 14th annual National Indian Nations Conference

Dec. 8-11, 2014 in Coachella Valley, Calif. For more information visit www.ncai.org.

Leadership Skills for Native Women

Dec. 8-10, 2014 at the Westin in Las Vegas, Nev. For more information visit www.falmouthinstitute.com.

Introduction to Case Management in Indian Country

Dec. 10-12, 2014 at the Westin in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

The 14th annual National Indian nations Conference-Justice for Victims of Crime

Dec. 11-13, 2014 at the Agua Caliente Reservation in Palm Springs, Calif. For more information or to register visit www.ovcinc.org.

The 17th annual Diabetes Prevention Conference

Jan. 25-28, 2014 at the Hilton Phoenix in Mesa, Ariz. For more information or to register visit www.aio.edu/nativediabetes.

The fifth annual Native American Human Resources Conference

Jan. 26-28, 2015 at the Flamingo Resort and Hotel in Las Vegas, Nev. For more information or to register visit www.nativenationevents.org.

The 2015 UNITY Mid-year Conference

Feb. 11-15, 2015 at the Hyatt Regency in Arlington, VA. For more information or to register visit www.unity-inc.org.

The eighth annual Tribal Casino & Hotel Development Conference

Feb. 16-17, 2015 at the Westin in Las Vegas, Nev. For more information or to register visit www.nativenationevents.org.

Happy Birthday



Happy 13th Birthday
Nov. 20
Ariana Borjas
From your grandma Skeeter, grandpa Thomas, mom, Sheena, brothers and sister Christopher, Ivan and Abigail. We love you!



Happy 21st Birthday
Max
Nov. 25
From the Culture and Heritage staff



Happy Birthday mom
We hope you have an awesome day. You are a great mom and you do whatever you can whenever you can and that says a lot. We love you more than words can express. Thanks for always being there for us. Love you! Kelli, Will, Max, Cody D, Rick, Mary and your grandkids of 80.



Happy Birthday
Illianna Breez Pollock
Nov. 18
Our beautiful princess, you are growing so fast! Can't believe you are already turning 6. You have already been so many places and learned so many things. You have your daddy's smarts and your momma's looks. Congratulations on earning the student of the Month for November at your big girl school. You are the only one who can hold the sun. We love you so much, your family, Jacob, Jonah, Marley, mom and dad



Niehhi Skidi
Hamilton, Sr.
Feb. 18, 1986 -
Nov. 20, 2010

It been four years since you have been taken from us and not a day goes by that we don't think of you and miss you very much. All we can do is just sit back and reminisce of all the good memories we all had with you. We will never part cause your always in our heart. Your boys are getting so big and look so much like you. It's crazy. I know you would be very proud of them. I know they miss you just as much maybe even



Just a reminder:
You are turning 44 not 24
And always remember that we love you so much.
Happy Birthday Honey
Love, your wife and kids



A big shout out Happy Birthday
Nov. 15
Son Patrick Emloolah II
Much Love, mom, dad, Georgia and Michael



more than words can express. Can't wait till the day comes when we are all together again, till then your spirit is always around us. Bixoo3e3en
Leah and your nieces Carlina and Cayli and your nephews little grizzle and King P.



For grampa Virgil
I miss you and love you
Erin Pedro



Big Shout Out Happy Birthday Scott Redbird
Love always your big sis
Lynn", Wheezy, Emmett Sr., and Bruce

Happy 30th(??) Birthday
Jennifer Diver – Nov. 11
Love your husband, Matthew and your family

Happy 11th Birthday
Antwaun Cheater
Nov. 10
Love your mom Jennifer and all your family



Happy late Birthday
Gusto "PW"
Miss and love you too much, from your wife, the girls and the entire Curtis Crew
Happy Belated Birthday to my big cousin Mr. Guss
Miss your crazy self and hope to kick it real big with you real soon Big love all day, everyday, 1000 times a day!
Your cousin Leah, kids, Carlina, little G, Cayli and King



Happy 9th Birthday
Jayna Graham
May God bless your health and life.
We are very proud of you. May this new year bring you happiness, and wishes fulfilled.
You're nine and so fine. Grandpa Bill and grandpa Bob

Happy Birthday
Donovan Osage Sr.
From your son
Donovan Osage Jr.



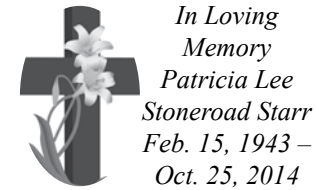
Kelli Dawn Osage, 20, left for Ft. Lee, VA in the U.S. Army National Guard. We are so proud of you and love you very much. Kelli is the daughter of Matilda



Pratt and Donovan Osage Sr., granddaughter of the late Arapaho Chief, Tommie Cravatt and great-granddaughter of the late Rose and Jess Birdshead.

CHEYENNE & ARAPAHO FOOD DISTRIBUTION PROGRAM						
NOVEMBER 2014						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 OFFICE HOURS: 9 AM TO 5 PM SALAD: 9 AM TO 3 PM OFFICE PHONE: 405-422-7073 FAX: 405-422-8251 Toll Free: 1-888-747-9520	2 Sandwich Day	3	4	5	6	7
8 Cook Something Bold & Brought New Nutrition Series	9 10 11 12 13 14 15	16 17 18 19 20 21 22	23 24 25 26 27 28 29 30	31		
NATIVE AMERICAN HERITAGE MONTH AMERICAN DIABETES MONTH NATIONAL PEANUT BUTTER LOVERS MONTH SWEET POTATO AWARENESS MONTH						

Obituaries



In Loving Memory
Patricia Lee
Stoneroad Starr
Feb. 15, 1943 –
Oct. 25, 2014

Patricia Lee Stoneroad Starr was born on Feb. 15, 1943 in Pawnee, Okla. to Rev. John L. and Maude C. (Littlecrow) Stoneroad. She passed away Oct. 25, 2014 in Oklahoma City at the age of 80.

Patricia graduated from El Reno High School and attended Nursing School at Mercy Hospital and Hillcrest Hospital. Patricia loved reading, supervising, painting her fingernails. She lived most of her adult life in El Reno. She was a Baptist.

She was preceded in death

In Loving Memory
Jesse Wayne
Lance Hamilton
Feb. 3, 1958 – Oct. 31, 2014

Jesse Wayne Lance Hamilton was born on Feb. 3, 1958 in Clinton, Okla., to Walter and Agnes (Rowlodge) Hamilton. He passed away on Oct. 31, 2014 in Geary, Okla., at the age of 56.

Jesse graduated from Geary High School. He worked as a policeman for Geary and for Cheyenne & Arapaho tribes. He helped open Lucky Star Casino and held many different positions during his 20 years of employment. Jesse was a champion Straight Dancer, and enjoyed listening to music. Jesse Wayne recently accepted Christ as his personal Savior.

Survivors include his

by her parents, Rev. John and Maude Stoneroad, husband Paul Starr Jr., two sons, Lee Starr and Michael Carpenter, infant great grandson; Titus Nelson Paul Wolfchief, siblings; John E. Stoneroad III, Truett R. Stoneroad, Oresa Jay Stoneroad.

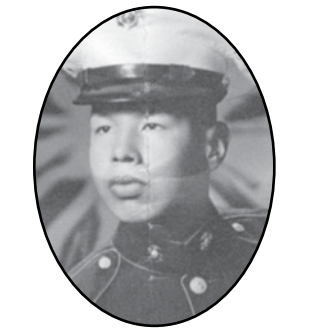
Patricia is survived by her son Lee Starr's children; Stephanie Christine Atson, Shannon Nicole Starr, Vanessa Lynn Starr, Lamont Nelson Starr and also Lee's 12 grandchildren, Michael's seven children and 15 grandchildren, siblings Wilma Meeks, Mary Elizabeth Safadi, Marie Kent, William G. Stoneroad, James Charles Stoneroad Sr., Lois Wilson, as well as many aunts, uncles, nieces, nephews, cousins and other relatives and friends.



daughter, Virginia Hamilton of Geary, Okla., his grandson, Mason Jesse Lance Hamilton of Geary, Okla., his siblings, William Charles Hamilton of Geary, Okla., Walter Hamilton of El Reno, Okla., and Margaret Anquoe of El Reno, Okla., as well as many other relatives and friends.

He was preceded in death by his parents, Walter and Agnes Hamilton, two sisters, Belle and Virginia Hamilton, and brother Wayne Fletcher.

Survivors include his



In Loving Memory
Ronald L. Sleeper
Oct. 21 1947 –
Oct. 16, 2014

Do not stand at my grave and weep
I am not there, I do not sleep.
I am thousands of winds that blow;
I am the diamond that glints on snow;
I am the sunlight on ripened grain;
I am the gentle autumn rain.

When you awaken in the morning's hush
I am the soft uplifting rush
of quiet birds in circling flight.
I am the soft stars that shine at night.
Do not stand at my grave and cry,
I am not there; I did not die.

Mary E. Frye



In Loving Memory
Imogene Elizabeth Blackbear
Sept. 4, 1964 – Nov. 1, 2014

Imogene Elizabeth Blackbear was born on Sept. 4, 1964 in Clinton, Okla., to Stella Bessie Roman-Nose Blackbear and Eugene Blackbear Sr. and passed away Nov. 1, 2014 in her home in Thomas, Okla.

She grew up around Watonga, Okla., and attended high school in Weatherford, Okla. She was a member of the 1982 graduating class. She also went to Southwestern Oklahoma State University for a few years. She traveled around Oklahoma until she settled in Thomas, Okla., where she's lived for the past 14 years.

She learned to do bead work at an early age and continued on with it throughout



her life. She beaded many things such as traditional Cheyenne moccasins, buckskin dresses as well as many other items, which she learned from Mary Underwood. She passed this craft down to her children and a few close friends. She loved her Cheyenne way of life and was active as much as possible.

Imogene is survived by her mother Stella Bessie (Roman Nose) Blackbear; four children, Jaimie Coley and Shane Yellow Eagle, Avril Logan and Deonta, Phillip Prairie Chief and Michelle Warledo and Ray Blackbear Lopez. Three grandchildren, Shane II, Elizabeth, Zeydon, and one on the way. Sisters,



Roberta Osage, Wilma and Malcolm Whitebird, Ida and Kenneth Parton; brothers, Eugene Jr. and Aurelia Blackbear, Rex and Phyllis Blackbear, Ralph and Senoria Blackbear, Fred Blackbear, and Larry and Pauline Roman Nose; along with numerous nieces, nephews, grandchildren, and extended family.

She is preceded in death by her father Eugene Blackbear Sr., brother, Anthony Taua, and sister, Frances Doctor.

In Loving Memory
Matias Villegas Waters Jr.
Infant son of Matias Waters, Sr.
and Alexis Dutchie
Oct. 2, 2014 –
Oct. 24, 2014

An all night wake service for Matias Villegas Water, Jr. was held on Oct. 28, 2014 at the Concho Community Center in Concho, Okla.

Funeral services were held on Oct. 29, 2014 at the Concho Community Center in Concho, Okla.

In Loving Memory
Lesa Rose Tallbear
Oct. 12, 1941 – Nov. 8, 2014

Memorial service was held for Lesa Rose Tallbear on Nov. 13, 2014 at the Watonga Community Center in Watonga, Okla.

CLASSIFIED SECTION

Employment: Submit a tribal application, resume, diploma(s), transcripts, valid copy of Oklahoma state driver’s license and a copy of CDIB to Personnel Department, PO Box 38, Concho, OK 73022 or email tthompson@c-a-tribes.org.

Exec. Dir. Assistant
Dept. of Social Services
Closing: Until Filled

Higher Ed Counselor
Dept. of Education
Closing: Nov. 18, 2014

Qualifications:
Must have a high school diploma or GED certification. Must be able to pass OSBI Background check. Must be willing to attend any training in regards to the job position. Must have knowledge of principles and practices related to budgeting. Must possess a valid Oklahoma driver’s license and have dependable transportation. Must have the ability to maintain a wholesome and favorable rapport with the general public, tribal members, program directors/coordinators, tribal employees and vendors. Must be computer literate, possess good writing skills, and be able to communicate effectively. Must be willing to work beyond the normal working hours, as needed. Cheyenne and Arapaho preference.

SALARY: Negotiable

Social Services Coordinator
Concho, OK
Closing: Until Filled

Counselor
Adult Education Dept.
Closing: Until Filled

Qualifications:
Bachelor degree required. Prefer degree in social work or related field. Requires two years of supervisory experience. Able to work flexible hours and willing to work after 5:00 p.m. Good communication skills, written and oral. Maintain a high level of confidentiality. OSBI and criminal background check required and be adjudicated appropriately. Current Oklahoma drivers license to operate a government owned vehicle. Prefer knowledge of Cheyenne and Arapaho/Native American cultures and values. Able to work with difficult clientele with various social problems and/or needs. Cheyenne and Arapaho preference.

SALARY: Negotiable

TCB Pest Control
“If it crawls, you need to call”
Residential • Commercial
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Broken by failures in the past?
Why do I keep doing this to myself?
Think that you are alone?
Think that is just the way I am?
Turn to God for help and healing. The Bible is the greatest book on RECOVERY.

.....
The 12 Step Overcomers Group meets at 7 p.m. on Tuesdays at the Geary Indian Community Building.
For more information or a ride call Lydia West at (580) 791-0330

Office Clerk
Food Distribution,
Watonga, OK
Closing: Until Filled

Indian Child Welfare Caseworker
Closing: Until Filled

Qualifications:
Possess two years of relevant specialized experience. High school diploma or GED required. Valid driver’s license required.

SALARY: Negotiable

Outreach Caseworker HOPE Program, Clinton, OK
Closing: Until Filled

Qualifications:
Prefer Bachelor’s Degree in Social Work or related field; or an equivalent combination of education and experience. Requires two years experience in related field. Work flexible hours and willing to work after 5 p.m. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and general public. Maintain a high level of confidentiality. OSBI and criminal background check required. Prefer knowledge of Cheyenne & Arapaho/Native American cultures and values. Valid Oklahoma driver’s license. Cheyenne and Arapaho preference.

SALARY: Negotiable

Arapaho Researcher Language Program
Closing: Until Filled

Qualifications:
Bachelor degree in linguistics, Native American studies, Anthropology or related field preferred but not required. Experience working with Native population. Academic training, knowledge and experience in Native American languages and cultures. Basic computer skills. Ability to learn audio and video recording skills. Set and meet deadlines. Work flexible hours including evenings and weekends. Travel within the Cheyenne and Arapaho service area. Valid Oklahoma driver’s license.

SALARY: Negotiable

Water Program Coordinator E.P.A.
Closing: Until Filled

Qualifications:
Associate’s degree in related science field preferred. Two years work experience, preferably working with tribal programs and specifically environmental programs. Ability to work with limited supervision and complete assigned tasks in a timely manner. Computer literate with ability to learn new programs. Ability to learn to operate a variety of office machines including GIS/GPS and water monitoring/testing equipment and software. Valid Oklahoma state driver’s license required. Able to travel both in-state and out-of-state on a frequent basis.

SALARY: Negotiable

C&L Project Coordinator
Economic Develop.
Closing: Nov. 21, 2014

Substitute Teacher Aide
Clinton (2), Concho (2), Canton (1).
Closing: Continuous

Qualifications:
High school diploma or GED certification required. Must have valid Oklahoma driver’s license. Two-three years of construction project coordinating. Ability to communicate well with tribal members, tribal program supervisors, vendors, staff and general public. Effectively manage time and materials. Cheyenne and Arapaho tribal preference.

SALARY: Negotiable

Personnel Director Concho, OK
Closing: Until Filled

Qualifications:
Bachelor’s degree from an accredited college or university in personnel administration, business administration, or a related field, have at least three years of responsible Personnel/Human Resource related work experience. Additional work experience may substitute for some formal college level education. Three years minimum supervisory experience. Successful completion of employee background investigating and adjudication training. Pass background investigation. Relate to the Indian and Non-Indian communities. Cheyenne and Arapaho preference. Valid Oklahoma driver’s license.

SALARY: Negotiable

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FREE ESTIMATES
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IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES
P.O. BOX 102
CONCHO, OKLAHOMA 73022

In The Matter Of The Guardianship Of:
A.W.M.
DOB: 9/9/02
A Minor Child

Case No. PG-2014-58
CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
FILED OCT 24 2014
IN THE TRIAL COURT
DOCKET PAGE
FILM IMAGE
COURT CLERK
DEPUTY

NOTICE BY PUBLICATION
The Cheyenne and Arapaho Tribes to: **JULIE BRUMMET**

You are hereby notified that MINNIE TAPIA has filed in this Court a Petition For Appointment Of Guardianship of the person and/or estate of A.W.M., minor child, and that on 24TH day of OCTOBER, 2014, the petitioner, MINNIE TAPIA was granted Temporary Guardianship of the minor child, and that said Petition is hereby set for a Permanent Hearing to be heard in the Court room of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 12TH day of NOVEMBER, 2014 at 10:00 A.M., at which time you may appear and show cause why said Permanent Guardianship should not be granted.
Dated this 24TH day of OCTOBER, 2014.
Rebekah Martin
Rebekah Martin, Deputy Court Clerk
Cheyenne and Arapaho Trial Court

IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES
P.O. BOX 102
CONCHO, OKLAHOMA 73022

In The Matter Of The Guardianship Of:
A.D.S.
DOB: 3/18/05
A.S.
DOB: 1/31/06
I.Z.W.
DOB: 8/24/08
D.A.W.
DOB: 12/14/09
Minor Children

Case No. PG-2014-60
CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
FILED NOV - 8 2014
IN THE TRIAL COURT
DOCKET PAGE
FILM IMAGE
COURT CLERK
DEPUTY

NOTICE BY PUBLICATION
The Cheyenne and Arapaho Tribes to: **JERMY SAM and HERBERT SHAWNEE**

You are hereby notified that Winona June Wilson has filed in this Court a Petition For Appointment Of Guardian of the persons and/or estates of A.D.S., A.S., I.Z.W., and D.A.W., minor children and that on November 6th, 2014, the petitioner, Winona June Wilson was granted temporary emergency guardianship of the minor children and that said Petition is hereby set for a Show Cause Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 3rd day of DECEMBER, 2014 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said Permanent Guardianship should not be granted.
Dated this 6th day of November, 2014.
By: Rebekah Martin
Rebekah Martin, Deputy Court Clerk
Cheyenne and Arapaho Trial Court

IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES
P.O. BOX 102
CONCHO, OKLAHOMA 73022

In The Matter Of The Guardianship Of:
M.M.D.G.
DOB: 12/18/02
Minor Child

Case No. PG-2014-59
CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
FILED NOV - 6 2014
IN THE TRIAL COURT
DOCKET PAGE
FILM IMAGE
COURT CLERK
DEPUTY

NOTICE BY PUBLICATION
The Cheyenne and Arapaho Tribes to: **MARIO GUZMAN and KAYCEE DEE DOYEBI**

You are hereby notified that Michelle Doyebi Thunderbull has filed in this Court a Petition For Appointment Of Guardian of the person and/or estate of M.M.D.G., minor child, and that on November 6th, 2014, the petitioner, Michelle Doyebi Thunderbull was granted temporary emergency guardianship of the minor child and that said Petition is hereby set for a Show Cause Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 3rd day of DECEMBER, 2014 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said Permanent Guardianship should not be granted.
Dated this 6th day of November, 2014.
By: Rebekah Martin
Rebekah Martin, Deputy Court Clerk
Cheyenne and Arapaho Trial Court

IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES
P.O. BOX 102
CONCHO, OKLAHOMA 73022

LESUE SAGE
vs.
EAGLESOLDIER LEWIS

Case No: CIV-2014-0081
CHEYENNE-ARAPAHO TRIBES OF OKLAHOMA
FILED NOV - 5 2014
IN THE TRIAL COURT
DOCKET PAGE
FILM IMAGE
COURT CLERK
DEPUTY

NOTICE BY PUBLICATION
The Cheyenne-Arapaho Tribes to: **EAGLESOLDIER LEWIS**

You are hereby notified that LESLIE SAGE has filed in this Court a Petition For Custody regarding, J.Y. and L.Y. minor child, and that said Petition is hereby set for a Hearing in the Courtroom of said Trial Court of the Cheyenne Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 17th day of DECEMBER, 2014 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said relief should not be granted.
Dated this 5th day of NOVEMBER, 2014.
David Littlebear
David Littlebear, Deputy Court Clerk
Cheyenne-Arapaho Trial Court

Petitioner:
Leslie Sage
P.O. Box 44
Hammon, OK 73650

September EMPLOYEES OF THE MONTH



Dept. of Administration
Wendy Haag, Administrative Assistant,
Personnel Department

“Wendy has been employed with the tribes since 2008 and is the Employee of the Month for September. She has a lot of responsibility in the personnel office and is a great help with payroll actions, and with any other request. Her attitude is great, and she always smiling when I walk into the office. Even when she had a boot on her leg, she kept up with her job duties and still handled day-to-day office work. She is an excellent employee and is here on time and works late to ensure all her daily duties are complete. She goes above and beyond for the personnel department.”

Pictured l-r: Personnel Acting Dir. Anissa White, Wendy Haag and DOA Exec. Dir. Cecil Gray.



Dept. of Health
Yolanda Van Hook, Optometry Tech,
Diabetes Wellness Program

“Yolanda goes above and beyond her normal duties for the clients who are seeking help with glasses. She assists with choosing frames, educates clients regarding the prevention of Diabetes Retinopathy a result of chronic diabetes. Additionally, she does a multitude of other services where a simple thank you is not enough.”

Pictured l-r: Gov. Eddie Hamilton, Yolanda Van Hook, DOH Exec. Dir. Nicolas Barton and Lt. Gov. Cornell Sankey.



Dept. of Education
Jessi James
R.E.Sp.E.C.T. Program

“Jessi has been a great employee since she started in May 2014. She is always the first one to the office everyday. She does all our paperwork and answers the phone calls as well. While working, she also attends most of our events and is currently attending college. She is still learning the paperwork process but is willing to learn and to get better at her job. The RESPECT Program is proud of Jessi and is looking forward to her future within the program.”

Pictured l-r: Gov. Eddie Hamilton, Education Exec. Dir. Funston Whiteman, Jessi James, R.E.Sp.E.C.T. Dir. Reggie Island, and Lt. Gov. Cornell Sankey.



Dept. of Treasury
Crystal Garret, Travel Clerk
Travel Department

“Crystal is one of the tribes travel clerks, and was recently assigned the American Express Card reconciliations. She receives emergency requests and completes these requests in a timely manner. Crystal is always willing to help her co-workers and is well liked by her superiors. She has worked in the travel department for about two years, and brings credit to herself, as well as the Cheyenne & Arapaho tribes. Crystal is well deserving of the Employee of the Month of September 2014.”

Pictured l-r: Gov. Eddie Hamilton, Crystal Garret, Treasurer, Kay Mackety, and Lt. Gov. Cornell Sankey.



Dept. of Housing
Daniel Black Horse
Resident Services Housing Inspector

“Daniel began working for the Housing Authority in 2008. During this time, he has adapted to the ever changing technological improvements. He has seen the Housing Authority improve and benefit from a technological standpoint.”

Pictured l-r: Gov. Eddie Hamilton, Housing Exec. Dir. William Tallbear, Daniel Black Horse and Lt. Gov. Cornell Sankey.



Dept. of Enrollment
Todd Sankey, Dept. of Enrollment

“Todd is a hard worker, who is committed to his job and always makes sure everything is done right and efficiently. He always does what is asked of him without complaining. Great employee with a great attitude.”

Pictured l-r: Gov. Eddie Hamilton, Enrollment Exec. Dir. Carrie Whitlow, Todd Sankey and Lt. Gov. Cornell Sankey.



Dept. of Social Services
Marla Roman Nose
Food Distribution Program

“Marla is dependable, a hard worker, and always willing to do extra. She is a true asset to the Food Distribution Program and the Department of Social Services.”

Pictured l-r: Gov. Eddie Hamilton, DOSS Exec. Dir. Nikki Factor-Navarro, Marla Roman Nose and Lt. Gov. Cornell Sankey.

October EMPLOYEES OF THE MONTH



Dept. of Administration
Johnnie Perkins, Custodian
Operations and Maintenance

“Johnnie has been employed with the tribes since January 2009 and is the Employee of the Month for October. He is a hard working individual who is dedicated and always willing to assist with others and is always polite and helpful.”

Pictured l-r: DOA Exec. Dir. Cecil Gray, Gov. Eddie Hamilton, Johnnie Perkins and Lt. Gov. Cornell Sankey.



Dept. of Health
Deborah Ellis, Director, Health Education Program
and Eva Red Hat, Fitness Assistant

“The duo of Eva Red Hat and Deborah Ellis are the October DOH Employees of the Month. This team took on extra hours to coordinate breast cancer awareness activities in the service area all month long while also ensuring the Health Education Program daily activities continued.”

Pictured l-r: Gov. Eddie Hamilton, Deborah Ellis, DOH Exec. Dir. Nicolas Barton, Eva Red Hat and Lt. Gov. Cornell Sankey.



Dept. of Education
Hannah Prairie-Chief, Admin. Assist.
Higher Education

“Hannah is a recent hire with a lot of experience and knowledge. She is courteous, respectful and most of all, she is helpful to the students who come in or call our office. Hannah’s future plans include continuing her education and she aspires to receive a degree in pharmacy. Hannah is an asset to the office and I am pleased to have her on my staff.”

Pictured l-r: Gov. Eddie Hamilton, Education Exec. Dir. Funston Whiteman, Higher Education Dir., Wanda Whiteman, Hannah Praire Chief and Lt. Gov. Cornell Sankey.



Dept. of Enrollment
Sierra Shadaram, Office Clerk
Dept. of Enrollment

“Although she is mostly quiet, she is always ready to help assist the office staff, especially the public with any requests they each may have. When needed, she assists the Burial program with processing applications and assisting families with their requests for assistance. She is a hard working employee. Sierra has become a great asset to the Department of Enrollment.”

Pictured l-r: Gov. Eddie Hamilton, Enrollment Exec. Dir. Carrie Whitlow, Sierra Shadaram and Lt. Gov. Cornell Sankey.



Dept. of Treasury
Kelli Elledge, Motor Vehicle Tag Agent
Tax Commission

“Kelli is very dependable and very friendly with our customers. She can always be counted on to answer any questions that may arise and her ability to work with outside entities is a plus. Kelli brings credit to herself and the Cheyenne and Arapaho Tribes.”

Pictured l-r: Gov. Eddie Hamilton, Kelli Elledge, Treasurer, Kay Mackety, and Lt. Gov. Cornell Sankey.



Dept. of Social Services
Mallory Miles, Social Services

“Mallory is always friendly, dependable, and has a positive attitude. She really cares for our clients and is a very compassionate person. We are really blessed to have her with the Social Services Program.”

Pictured l-r: Gov. Eddie Hamilton, DOSS Exec. Dir. Nikki Factor-Navarro, Mallory Miles, and Lt. Gov. Cornell Sankey.



Dept. of Housing
Dena Howlingwolf, Accounts Payable Clerk

“Dena began working for the Housing Authority in 2013. She processes all payment authorizations, enters the information correctly into the financial system, and ensures that everything is done correctly and in a timely manner.”

Pictured l-r: Dena Howlingwolf and Housing Exec. Dir. William Tallbear.

**Congratulations
To The September & October
Employees of the Month**

ATHLETES SPOTLIGHT

Interview & photo by Rebecca Lyman

Elijah Ellis, senior defensive lineman for EL Reno Varsity Football, believes it is never too late to try something new.

When did you first begin playing?

This is my first year to play football since I was ten or eleven.

What is it about the sport that you love best?

Being around the other guys and team work that you get out of it.

What has been your biggest accomplishment in the sport so far?

The hard work and dedication it took for me, it was harder than anything else I have ever done. I wanted to quit at one time.

What is your biggest accomplishment in the classroom so far?

Passing in my advanced classes.

What are some of your goals (sports, life, school)?

Playing ball at a college level, graduating college and then going into the Navy.

What steps are you taking to reach these goals?

Working hard.

What has been the most exciting game you have played in?

The Guthrie game in the beginning of the season we tied and the last game when I made a fumble recovery.

What is the best advice you have ever been given and who gave you that advice?

Mike Peterson, don't take no for an answer, he was my Darlington basketball coach.

Do you have a saying or motto that you live your life by?

Can't is not in my vocabulary.

Who or what inspires you the most?

Together Everyone Achieves More

Probably just my friends and people around me who help me get things done, I feel accomplished not just for them, but for myself.

What is your favorite meal before or after a game?

Water and a peanut butter jelly sandwich.

Who has had the biggest impact on your life?

My brother Clifton Ellis Jr., he never stopped playing sports.

What are some of your hobbies (what do you like to do when not playing sports)?

I like to read on and research on tribal politics and federal laws.

What kinds of music do you enjoy listening to?

Electronic.

What is one thing about you that no one else knows?

If I say, than everyone will know. Okay, every night I pray and walk around the park then go home to sleep.

If you could change one thing in the world, what would it be?

Stop corruption. Change laws and make standards higher.

What do you someday dream of doing?

Going to the moon.

Who is your favorite athlete of all time?

Rob Gronkowski.

Which team is your favorite team?

Patriots.

What are your plans after graduating high school?

Play college football and go into the military.

What would be your advice to younger kids coming up behind you?

Work hard and never give up.



NOV 22nd, 2014

Lucky Star Casino | Concho



Lucky Star CASINO

CONCHO

MMA LIGHTWEIGHT TITLE FIGHT

S. SAIFODDIN

NAVARRRO

OFC

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CANTON • WATONGA

CONCHO TRAVEL CENTER



Earn Points with Your Star Card While You Play!



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CONCHO TRAVEL CENTER

November

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3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	

IN NOVEMBER

EVERY FRIDAY

is

BLACK FRIDAY

Choose from the Hottest Black Friday Items!

Hot Seat Drawings Every Friday in November Starting at 6pm

See Players Club for Details.



TRIBAL THURSDAYS

\$10 Free Play

Valid once a month on any Thursday that does not fall on a holiday. Valid tribal ID required. Not valid with any other offers. See Players Club for Details.

THANKSGIVING DAY

November 27

\$10 Match Play

10am to 11pm

Hot Seats • Random Drawings

4pm - 11pm

Win up to \$1000 Gift Card!

See Players Club for Details.



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